

Guidelines and Rules for Vista Grande Weight Room Reopening:

In adherence with the COVID-Safe Practices, the following changes will be made:

- Gym participants will be required to come in by **appointment only**.
Appointments will be made by email to vgwrappointments@bernco.gov.
Please give three time options for each day from the times listed below that you wish to come in. **Participants may request up to five days**.
Times and days are not guaranteed. Times will be scheduled on a first

Available times to request Monday- Friday
7:00am -8:00am
8:30am – 9:30am
10:00am – 11:00 am
11:30 am – 12:30 pm
1:00 pm – 2:00pm

come first served basis Participants will receive a confirmation email, phone call, or text. Please include communication preference when requesting your appointment.

Note that times not listed are unavailable due to sanitizing of the facility.

These hours are temporary and we will return to regular hours in the future when we are open at full capacity.

- Appointments for the following week open up on Wednesday mornings.
Appointments must be made by 2:00 pm appointments made after that or over the weekend are not scheduled until the following day. Your appointment is not confirmed until you are sent the confirmation Email. We need ample time especially for the early morning appointments.
- At your first appointment you will need to sign an updated waiver.
- Upon arrival at VGCC for appointment time, participants will be asked to line up while appropriately social distancing outside the building. Staff will meet them at the door to check participants in one at a time. You will not need to scan your ID at this time.
- Please be on time, no one will be allowed in 15 minutes after we check in for appointments. If you are going to be late please call the center. If you are allowed in your workout end time will remain the same.
- Do not congregate in front of the door. Remain six feet apart at all times.
- Masks must be worn at all times (including while exercising in the weight room)

- Come ready to work out. Locker rooms will not be available to use at this time.
- Note that some items have been removed from or blocked off in the gym for safety purposes.
- Staff will be in the weight room to ensure social distancing is observed while working out.
- Social gathering in weight room, restrooms or lobby is prohibited.
- Children and others will not be allowed to wait inside while participants are working out. The center including the lobby remains closed, no one will be allowed in 15 minutes after we check in for appointments.
- If you are sick or experiencing any symptom related to Covid-19 we ask that you stay home.
- Appointments must be made the day prior no day of appointments are accepted unless you were on the waiting list and we call you.

The safety of our participants and staff is very important to us, anyone not following the safety guidelines will be asked to do so and refusing to comply with the guidelines and rules will result in asking the participant to leave the building.

Thank you and welcome back,

Vista Grande Staff