



# PHASE 1 QUICK REFERENCE

## BUILDING INFO

FLC HOURS	MONDAY-FRIDAY 6AM-1PM
GUESTS	WE WILL NOT ADD NEW MEMBERS AT THIS TIME.
CHILDCARE	NO CHILDCARE AVAILABLE.
RESERVATIONS	NO WALK-UPS ALLOWED. RESERVATIONS CAN BE MADE BY CALLING THE FLC FRONT DESK AT 492-2721 FROM 6AM-12:30PM MONDAY-FRIDAY. EVERY PERSON ENTERING THE FLC MUST HAVE A PRE-BOOKED APPOINTMENT.
ENTERING & EXITING	SOUTHEAST DOOR WILL BE USED FOR ENTRANCE INTO THE FLC. MEMBERS WILL SCAN THEIR KEYCARD, COMPLETE A HEALTH SCREENING WAIVER AND CHECK-IN FOR THEIR RESERVATION. ONCE MEMBERS ARE FINISHED, THEY MAY EXIT OUT THE STAIRWAY NEAR THE ELEVATOR OR TAKE THE ELEVATOR TO THE GROUND FLOOR.



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## SAFETY

MASKS	REQUIRED WHEN ENTERING & EXITING BUILDING & ON WALKING TRACK. MEMBERS SHOULD PROVIDE THEIR OWN..
CLEANING	THOROUGHLY CLEAN ALL EQUIPMENT WITH DISINFECTANT BEFORE & IMMEDIATELY AFTER USE.
POSTITIVE COVID-19 DIAGNOSIS	CALL 492-2721 OR EMAIL EMILY WILSON: EMILY@PVCC.ORG
SPACING	MAINTAIN 6' OF DISTANCE PEOPLE & WORK OUT ALONE IN A 12x12' SPACE
SCREENING	<p><b>REQUIRED EVERY TIME YOU ENTER THE FLC!</b></p> <p><i>IF YOU ANSWER 'YES' TO ANY OF THE FOLLOWING QUESTIONS, YOU WILL NOT BE ALLOWED TO ENTER.</i></p> <p>DO YOU HAVE A COMPROMISED IMMUNIE SYSTEM OR CHRONIC DISEASE? HAVE YOU RETURNED FROM OUT OF STATE TRAVEL WITHIN THE LAST 14 DAYS? HAVE YOU HAD A FEVER OF 100.4F OR GREATER IN THE LAST 2 DAYS? DO YOU HAVE COUGH, SHORTNESS OF BREATH OR OTHER SYMPTOMS TYPICAL OF COVID-19? HAVE YOU HAD CONTACT WITH A PERSON KNOWN TO BE INFECTED WITH COVID-19 WITHIN THE PREVIOUS 14 DAYS?</p>



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## AREAS/AMENITIES

WEIGHT FLOOR	WEIGHT FLOOR IS AVAILABLE IN 1 HOUR TIME BLOCKS. MAX NUMBER OF PARTICIPANTS IS 7 PER HOUR.
WALKING TRACK	WALKING TRACK IS AVAILABLE IN 1 HOUR TIME BLOCKS MAX NUMBER OF PARTICIPANTS IS 7 PER HOUR. MASKS ARE REQUIRED WHEN ON TRACK.
LOCKER ROOMS	SHOWERS ARE CLOSED.
GYM FLOOR	GYM FLOOR IS CLOSED TO BASKETBALL/VOLLEYBALL LEAGUE; NO FACILITY RENTALS AT THIS TIME.
GROUP EXERCISE	VERY LIMITED SCHEDULE. CLASS SCHEDULE IS POSTED AT <a href="http://PVCC.ORG/FLC">PVCC.ORG/FLC</a> . 10 PARTICIPANTS PER CLASS. NO EXCEPTIONS. PARTICIPANTS MUST BE PRE-REGISTERED FOR CLASS AND ARE RESPONSIBLE FOR SETTING UP AND WIPING DOWN THEIR OWN EQUIPMENT. <i>NOTE: OUTDOOR CLASSES ARE AS WEATHER PERMITS.</i>
WATER	GUESTS SHOULD PROVIDE THEIR OWN WATER BOTTLES.
MATS	GUESTS SHOULD PROVIDE THEIR OWN MAT FOR YOGA.