



PHASE 2 QUICK REFERENCE

BUILDING INFO

FLC HOURS	MONDAY-FRIDAY 6AM-1PM
GUESTS	NEW MEMBERS WELCOME. \$5 PER MONTH.
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. 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>REQUIRED EVERY TIME YOU ENTER THE FLC!</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.
LOCKER ROOMS	SHOWERS ARE OPEN. YOU MUST PROVIDE YOUR OWN TOWEL.
GYM FLOOR	GYM FLOOR IS CLOSED TO BASKETBALL/VOLLEYBALL LEAGUE; NO FACILITY RENTALS AT THIS TIME.
GROUP EXERCISE	CLASS SCHEDULE IS POSTED AT PVCC.ORG/FLC . 16 PARTICIPANTS PER CLASS. NO EXCEPTIONS. PARTICIPANTS MUST BE PRE-REGISTERED FOR CLASS AND ARE RESPONSIBLE FOR SETTING UP AND WIPING DOWN THEIR OWN EQUIPMENT.
WATER	GUESTS SHOULD PROVIDE THEIR OWN WATER BOTTLES.
MATS	GUESTS SHOULD PROVIDE THEIR OWN MAT FOR YOGA.