

# Centre Recharge!



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[www.nracentre.com](http://www.nracentre.com)

## Centre Reopen Phase 2.12

We have enjoyed having our Centre friends and family back. To keep our members safe and protected, the Centre is still following strict guidelines from the CDC and local authorities. The Centre believes that exercise is a proven immunity-booster and, as part of a healthy lifestyle, is vital to overall health and well-being. Additionally, we understand the mental and emotional dangers of social isolation. The Centre aims to help members meet their physical, social, and emotional needs while also doing all we can to offer a safe and healthy environment during these difficult circumstances. Under the guidance of the State of Wisconsin Guidance for Gyms and Fitness Facilities and State of Wisconsin Guidance for Entertainment and Amusement, along with County Health Departments and the CDC, and our own increased standards, guidelines are as follows:

### Additional Precautions

- Extra employees are scheduled to clean and disinfect equipment, locker rooms, and shared spaces.
- CDC approved disinfectants are used throughout the facility to ensure cleanliness.
- After-hours deep cleaning and sanitizing are utilized.
- Pro3 Solutions, an outside contract service, has disinfected heavy use areas prior to our reopening.
- Increased signage has been placed throughout the building to encourage social distancing, hand washing, and reminding members to disinfect equipment.

### Member Access Guidelines

#### Social Distancing

Members are asked to maintain a minimum of 6 feet social distance.

#### Face Coverings

No entry will be allowed without a face covering. We will enforce that all members and guests ages five and older entering the Centre will be required to wear a face covering the entire duration of their visit.

Exceptions:

- eating or drinking
- in the water
- engaged in vigorous exercise & maintain 6 feet social distance

If you do not meet any of these exceptions, you will be required to wear a face covering. If you do not have a face covering, you will be given a disposable mask to wear or asked to end your visit to the Centre.

#### Member Check In

Member check in will remain through our touchless scan in process using their key tag.



## Disinfecting and Cleaning

Members are asked to disinfect equipment before and after use and to wash their hands before and after working out with soap and water for at least 20 seconds. Please flip the green cards on cardio equipment over after done working out and have wiped the equipment. Staff will do a second disinfect.

## Payments

Program payments are encouraged online or through regular monthly membership draft; cash is discouraged.

## Exposure, Symptoms, and Testing

- If you have been notified by the Department of Health of your exposure to the COVID-19, we appreciate and thank you for not using the Centre until 14 days after your exposure.
- If you, or a person you've been in close contact with, are showing signs of fever, cough, shortness of breath, difficulty breathing, or not feeling well, please do not come to the Centre until you are symptom free for 7 days.
- If you or a person you've been in close contact with are awaiting the results of a COVID-19 test please do not come to the Centre until a negative test is reported.

# Membership

## Hours

Our hours of operations:

Monday - Friday 4:45 AM - 8:00 PM

Saturday - Sunday 6:00 AM - 6:00 PM

Program areas close 15 minutes prior to the Centre closing.

Times designated for members age 60 and older are Monday - Friday from 1:00 PM - 3:00 PM.

## Guest/Day Passes

If space allows, we offer day passes and guest passes to all regardless of residency. Day passes and guest passes will not be able to reserve times in the pool. All community participants must present an ID at the time of purchase. In order to best serve our members, the Centre reserves the right to restrict guest passes and day pass usage at any time.

	Youth	Adult	Family
WI Resident	\$5	\$10	\$20
Non-WI Resident	\$10	\$20	\$40

## Age Policy

We are following our standard age policy:

- Children 8 & 9 years old may be in the pool or building without direct supervision, but guardian must remain in the facility.
- Children 6 & 7 years old must have a guardian on pool deck and with them at all times in the facility. If guardian is not with them, children must be checked into Kids Kove.
- Children 5 and under must have a guardian in the pool with them within arm's reach and with them at all times in the facility. If guardian is not with them, children must be checked into Kids Kove.

## Kids Kove

Kids Kove drop in child care is open for a maximum of 15 children for up to 1.25 hours. Parents are required to sign a health check and allow a temperature check of each child at each visit. Hours are:

Monday - Friday 8:00 AM - 12:00 PM and 4:00 PM - 6:45 PM

Saturdays 8:00 AM - 12:00 PM



### **Coffee**

Our coffee bar is temporarily closed but we will serve coffee at the Welcome Center Monday - Friday, 6:00 AM - 12:00 PM and Saturday - Sunday, 7:00 AM - 12:00 PM.

### **Locker Rooms**

Locker rooms are open.

### **Participation Capacities**

Capacities (All on a first come, first served basis, please be aware of changes in times):

- Fitness Center: 20 member maximum
- Weight Room: 12 member maximum; members must obtain a pass at the fitness desk to use Weight Room and keep to 1 hour or less.
- Cross Training Studio: 5 member maximum
- Group Fitness Classes: 14 member maximum in Westfields and RCU Studios, 5 member maximum in Cross Training Studio
- Westfields and RCU Studios can be reserved during non-class times by checking in at the fitness desk.
- Gymnasium: Full Court Basketball allowed at designated times only; Open Gym may be limited due to Centre Programs
- Pool: 50 member maximum during Family Rec Swim, AquaWorks, and Lap Swim including the following participation limits
  - Family Rec Swim: 50 member maximum including AquaWorks participants and lap swimmers
  - AquaWorks Classes: 14 member maximum
  - Lap Swim: 6 member maximum, 3 member maximum during AquaWorks Classes
  - If your swim session ends and you wish to participate in the next session of swimming, please wait at the chairs on the north side of the pool while we clear the pool area for cleaning. Your participation will be based on space.
  - For Family Rec Swim and Lap Swim, Centre Members may call 715-246-2252 to reserve a time slot no sooner than the day they wish to participate. We do not allow Community Participants to reserve time slots.
  - Hot Tub: 5 member maximum
  - Scuba: Scuba is allowed during schedule scuba time only and is subject to the 45 minute time limit.

Please do not enter pool area until top of the hour to allow staff to finish cleaning.

These capacities allow for social distancing and every other machine is available for use.

Members must bring their own equipment for use in gymnasium.

Yoga mats are unavailable.

### **Drinking Fountains**

Please bring your own water bottle as the drinking fountains are disabled except for the water bottle filling stations.

## **Programs**

### **Birthday Parties and Group Rentals**

We are scheduling birthday parties, outside group meetings, and facility rentals.

## **Revisions to Guidelines**

The Centre will review these guidelines weekly and communicate changes through email, Centre website, and Centre Facebook page. Should a member be diagnosed with COVID-19 and has attended the Centre we will close for 24 hours to do a thorough cleaning and disinfecting of the facility before reopening.