

Welcome Back Centre Members



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Centre Reopen Phase 1.10

Centre Members, welcome back! We look forward to having our Centre friends and family back. To keep our members safe and protected, the Centre is following strict guidelines from the CDC and local authorities. The Centre is reopening in phases as we work to protect the health and safety of our members, staff, and community. 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 for reopening 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/Masks

Beginning August 1, 2020 through September 28, 2020, we will be under a statewide mandate requiring face coverings while indoors. All individuals ages five and older entering the Centre will be required to wear a face covering the entire duration of their visit, with the exception of being in the water. Additional exceptions are:

- **Medical exemption applies (i.e. you have a medical condition that prevents you from wearing a mask).**
- **The mask can be lifted temporarily to take drinks of water.**
- **Masks can be lifted while communicating with someone that is hard of hearing.**
- **Masks can be lifted/taken off for short periods of time to catch your breath.**
- **If breathing is overly difficult/troublesome, masks can be removed while exercising but social distancing MUST be followed at all times. Mask should be put back on immediately after exercising.**



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

We are temporarily reducing our hours of operations through August:

Monday - Friday 4:45 AM - 7:00 PM

Saturday - Sunday 7:00 AM - 4:00 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

We are offering day passes and guest passes. In order to best serve our members, the Centre reserves the right to restrict guest passes and day pass usage at any time.

Ages 12+ Years Old

In following Wisconsin Economic Development Corporation guidelines, only members 12 and older are be able to enter the building, unless the child is enrolled in our Camp Centre or Youth Character Initiative (YCI) summer child care programs, attending Kids Kove, participating in Rec Swim, or participating in youth programs.

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: 10 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: 10 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: 1 member family per hoop, pickup games are not permitted
- Pickleball: 2 nets maximum on north and south ends of the gymnasium, doubles play allowed, bring own paddles and balls
- **Pool: 25 member maximum during Family Rec Swim, AquaWorks, and Lap Swim including the following participation limits**
 - Family Rec Swim: 25 member maximum including AquaWorks participants and lap swimmers
 - AquaWorks Classes: 12 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, members may call to reserve time slot no sooner than the day they wish to participate.
 - Hot Tub: 4 member maximum

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

Camp Centre and YCI

Camp Centre and YCI is still available for most weeks and age groups. Please register online at www.nracentre.com/child-care/summer.

Group Exercise and AquaWorks Classes

Group Exercise is being run with reduced capacity of 10 participants per class in the RCU and Westfields Studios and capacity of 5 participants in the Cross Training Studio. AquaWorks classes have a max capacity of 12 participants. To secure your spot in a class, 15 minutes before the class start time, 1 pass per member can be obtained at the Welcome Center. Members are asked to bring their own yoga mats.

Birthday Parties and Group Rentals

Birthday parties, outside group meetings held in our community rooms, and facility rentals will not be held until further notice.

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.