

Will the fitness center be open in fall 2020?

Yes.

What hours will the fitness center be open?

- Monday – Thursday: Noon - 8 p.m.
 - Gym: 2 – 8 p.m.
- Friday 12 – 5 p.m.
 - Gym: 2 – 5 p.m.
- Weekends: 2 – 6 p.m.

Will the climbing wall be open?

No.

What precautions has the fitness center taken regarding COVID-19?

The machines have been moved/taped off for spacing, increased cleaning (closed for cleaning), increased staff to ensure the cleaning, limited time in open gym, limited patrons in the weight room, and cardio deck.

What sanitizing protocols have been taken?

- Cleaning every shift
- Facility checks every 30 minutes
- Shut down area for cleanings

How many people will be allowed to be in the Wellness Center at one time?

- 16 patrons in the weight room
- 12 in the cardio deck

Can we reserve space in the Wellness Center?

Yes, [Astra](#) or contact Charles Ricketts.

Will the basketball courts be open for open rec?

- Monday - Friday Gym: 4 – 8 p.m.
- Weekends: 2 – 6 p.m.

Will there be Intramurals in fall 2020?

Unfortunately, no.

Will the Wellness Center conduct fitness classes?

Yes.

Will there be club sports in fall 2020?

Unfortunately, no.

Are face coverings required?

YES! Everywhere in the facility, unless you are eating in designated areas or actively working out.

Will there be virtual programming as there will be limited access to the Wellness Center in fall 2020?

- Yes, fitness classes and other programs will be virtual.

The fitness center has adopted several measures to reduce density, increase social distancing, and to reduce exposure to COVID-19, including:

- Face masks for indoor facilities are required for all exercisers/users. Participants are expected to wear a face mask while entering and leaving facilities while moving to and from activities and while exercising.
- Per the health safety officers, face coverings need to comply with CDC guidance, and must conform to the [CDC guidelines](#):
 - Fit snugly
 - Covers nose and mouth
 - Includes multiple layers of fabric
 - Is secured with loops or ties
- Face masks for outdoor activities are required when 6 feet distancing cannot be maintained. Face masks will be required for all visitors at Lincoln University; a face shield alone without an accompanying face mask will not be permitted.
- Per the health safety officers, face coverings need to comply with CDC guidance, and must conform to the [CDC guidelines](#):
 - Fit snugly
 - Covers nose and mouth
 - Includes multiple layers of fabric
 - Is secured with loops or ties
- Machines, equipment, and program participants will be reconfigured to be spaced a minimum of 6 feet apart for lower intensity activities and a minimum of 10 feet apart for higher intensity activities.
 - Open space workout areas will be marked to promote physical distancing for individual use.
 - Activity rooms will be marked to promote physical distancing during programming, such as fitness classes.
 - Common spaces, such as lounges, will be reconfigured to limit gatherings and promote physical distancing.
 - Individual and pickup basketball, volleyball, or soccer/futsal will not be available in indoor facilities.
 - The fitness center operations team members will be following CDC guidelines for cleaning equipment and facility spaces.
 - Pre-cleaning and disinfecting of all equipment, mats, etc. will occur before reopening activity rooms.
- Plexiglass dividers have been installed at member services desks and main office reception areas (as applicable) to minimize respiratory contact between staff and members.
- Employees have been instructed to:
 - Wash hands upon arrival to work, after working with each patron, after touching their mask, after using the restroom, and when leaving work.
 - Employees have been instructed to wear an approved face mask.
- Aramark Staff
 - Work out times will consist of Monday thru Friday 10 - 11 a.m.