



## REOPENING GUIDELINES | 2ND QUARTER

**Date:** Monday, July 13

**Hours:** Monday-Friday | 7AM to 7 PM

**Create Self-Service Account:** [coolspringrec.ezfacility.com](https://coolspringrec.ezfacility.com)

**Download:** **MemberMe+** app from App Store

**Make Reservations:** Workouts and classes are by reservation only

Basketball courts are closed during 2nd Quarter Phase

Monthly or 3-Month Passes Only | No Guest/Day Passes

Cool Spring Rec Center will begin its 2nd Quarter phase on Monday, July 13. The 2nd Quarter plan will follow the recommended guidelines of the CDC and those put forth by the Governor of Virginia in the Phase 3 plan for recreation centers, gyms, and sports camps.

If you fall into one of the high-risk categories or are uncomfortable returning to the Rec Center at this time, please visit us on social media for continued virtual workouts along with recreation and fitness information and updates. You can find us [@coolspringrec](https://www.instagram.com/coolspringrec).

In keeping with our continued cleaning and facility maintenance, the Rec Center is ready for your return if you have not already. We have incorporated a new Self-Service check in system, staff and trainers have been updated on all procedures for a clean, safe, and caring environment, and equipment has been moved so physical distancing can be observed. If you have question, email [recenter@coolspring.org](mailto:recenter@coolspring.org)

### New for the 2nd Quarter

- **Client can book additional session to complete workout:** If there is a need for a 2nd session to complete a workout, clients can request to book an additional session at the front desk. If there is availability, a 2nd session will be added by Rec Desk Staff. The client will need to leave after their first session while the facility is cleaned and then check back in for their 2nd session.
- **Reserve Classes from Self-Service Portal or MemberMe+ app:** Clients enrolled in Personal Training, Jazzercise, Kickboxing, Centergy or SilverSneakers classes will need to register for a session or class via the Self-Service Portal or **MemberMe+** app so we can maintain class and session size requirements. Jazzercise is limited to 10; Kickboxing is limited to 12; SilverSneakers is limited to 12; Centergy is limited to 10.
- **Personal Training:** Clients wanting to begin working with a personal trainer will need to contact Marty Rowe at [fitness@coolspring.org](mailto:fitness@coolspring.org). A personal training package will be added to their membership so they can schedule a session from the Self-Service Portal or **MemberMe+** app.



## How Rec Center Clients Can Participate in the 2nd Quarter

- All clients will be required to have a monthly pass, 3-month pass, SilverSneakers or Renew Active access, paid through their insurance, Jazzercise, Personal Training or Cool Spring Church Members access. Existing monthly or 3-month passes were frozen in March. These memberships were reactivated so you can reserve space on the new Self-Service Portal. Once this membership expires, a new monthly or 3-month pass will need to be purchased.
- No guest or day pass option during this phase.
- Clients will receive an email prompting your Self-Service sign up. Respond to the invite and create your Username and password.
- All clients will be required to register for a session. A session is defined as one 50-minute time slot. Each session will allow a specific number of clients in the facility per Phase 3 guidelines issued by the Governor of Virginia.
- Clients can view and register for time slots through their Self-Service ([coolspringrec.ezfacility.com](https://coolspringrec.ezfacility.com)) account or our **MemberMe+** app, which can be downloaded for free from the App Store. Clients without the use of a computer or mobile device can contact the Rec Center Front Desk at (804) 746-0801 to schedule a time.
- Clients can sign up for one session per day up to one week in advance.
- Clients are permitted to bring their own bag for change of clothes, towels, and clickers for walking the track. Lockers will not be available for use.
- Respond to the email regarding signing the updated COVID-19 waiver. Check your SPAM or Junk folder if it is not in your Inbox.
- Clients should wipe down all equipment used with provided supplies.
- Clients in the Weight Room and Cardio areas should continue, as before COVID-19, to consider others in the space and limit workout time and use of equipment so everyone has an opportunity to use the area and equipment.

## On-site Client Check-in

- Clients should wear a face covering for checking in at the Rec Desk. Once the check-in interaction with Front Desk staff is completed, clients may remove their face covering to exercise.
- Clients can arrive to the Rec Center 5 minutes prior to their scheduled hour will be asked to wait in a designated area until space is ready.
- At check-in, clients will be asked by staff the standard health screening questions:
  - Have you or anyone in your family come in close contact with someone suspected of or a confirmed COVID-19 diagnosis in past 14 days
  - Have you had a fever (greater than 100.4 F) or symptoms of lower respiratory illness such as cough, shortness of breath, or difficulty breathing in past 14 days?
  - Are you currently experiencing a fever (greater than 100.4 F) or symptoms of lower respiratory illness such as cough, shortness of breath, or difficulty breathing? If client answers yes to any question, they will be asked to come back to the Rec Center after taking the proper precautions for medical care.
- Clients will check in by scanning the barcode on their key card or mobile device.
- Clients will be encouraged to wash hands before and after working out.



## Facility Use

Available in 2nd Quarter Plan:

- Weight Room
- Half of gym floor for fitness / training
- Cardio Lobby for bikes and rowers
- Cardio Room for treadmills, ellipticals, and weights
- Fitness Studio for Jazzercise, Kickboxing & fitness classes
- Parking lot area for outdoor walking and activities
- Track
- Restrooms on both floors

NOT available in 2nd Quarter plan:

- Indoor basketball play
- Indoor Pickleball
- Game Room
- Lockers for storage
- Showers
- Community Care Groups

We appreciate your adherence to these short-term changes and guidelines. While we have added extra elements to be a good neighbor, many of the following items were in place and part of daily life at the Rec Center. Thank you for doing your part in helping maintain a safe environment for everyone.