



## Building 4 Courts Plus Gymnasium (Effective April 5, 2021)

### Hours of Operation:

1. **All Active Duty Military**
  - a. **Monday – Friday 1200-2000**
  - b. **Saturday & Sunday 0900-1700**
2. **All Hands (AD Dependents, Reservist, Retirees, DOD Civilians)**
  - a. **Saturday & Sunday 1200-1700**
3. **Facility Capacity – 105**

### Facility Procedures –

- 1) Building Entry: Required Health Screening Questionnaire and Thermo-scan conducted at entry point.
- 2) Facility Check-In: Required 100% ID Check and Patron Log for potential contact tracing
  - Date/Time, Name, Rate/Ranks and Command will be recorded.
- 3) Maintain a minimum of 6 feet physical distancing at all times
  - Equipment spaced 10 ft. apart. Limit of 5 people per 1K sq. ft.
- 4) Face Coverings/Masks required at all times, unless actively utilizing cardio equipment (i.e. Treadmill, Bike, Elliptical, Rower)

### Available Services -

Retail Drinks for Purchase (Credit Card only)  
Lockers at Limited Capacity (Essential Items only)  
Weight and Cardio Areas, Warrior Zone  
Additional Equipment available on Basketball Courts  
Modified perimeter of gym floor for running/walking only

### Secured/Prohibited Items -

Neck Gaiters, Scarves, Masks with Valves  
No Gym Bags/Backpacks  
Showers and Water Fountains  
Check-Out Equipment including Towels  
Climbing Wall and Racquetball Courts  
Personal Fitness Equipment

### Workout Etiquette –

- 1) Require patrons come dressed to workout (ID, Water Bottle, Personal Towel).
- 2) Personal Workouts only (No partner/group workouts, No spotters, etc.).
- 3) Floor Exercises with use of exercise mat required and limited to Warrior Zone only
- 4) Limit workout sessions to 60 minutes (Enforced during peak facility hours).
- 5) Wipe down equipment and touch points before and after use.
- 6) Limit HIIT (High Intensity Interval Training) and Strenuous Exercises
- 7) Avoid congregating in any area of the facility more than 5 minutes.

### Command Reservations

- 1) For questions regarding command reservations or for more information, please email [grlkmwrsportsand.fct@navy.mil](mailto:grlkmwrsportsand.fct@navy.mil) or call the Fitness Director at 847-688-3419/847-688-7769.  
Command reservations are not guaranteed at this time and require approval from the MWR Director and Command Leadership for approval.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.