



The Fitness Center, Bldg 2A

HPCON LEVEL: BRAVO PLUS

Hours of Operation:

1. Facility Open to All Hands (Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians)
 - a. Monday – Friday 0500-1300
2. Facility Capacity – **60**

Facility Procedures:

- 1) Facility Check-In: Required 100% ID Check and iPad Log entry.
- 2) To limit exposure time within the facility:
 - a. Maintain a minimum of 6 feet physical distancing at all times.
 - b. Congregating in any area throughout the facility is not permitted.
- 3) Face Masks/Coverings are required to be worn by all patrons within the facility at all times, regardless of vaccination status.
- 4) Collateral Exchange required for all Facility Check-Out Items, such as Locker Key, Towels, and Fitness Equipment.
 - a. Acceptable Collateral includes Liberty Card, Library Card, Room Key, Car Key, Library Card (Items containing PII will not be accepted)

Available Services -

Retail Drinks for Purchase (Credit Card only)
Lockers at Limited Capacity
Weight and Cardio Areas
Showers and Water Fountains
Indoor Check-Out Equipment including Towels

Secured/Prohibited Items -

Neck Gaiters, Scarves, Masks with Valves
Sauna Room

Workout Etiquette –

- 1) Wipe down equipment and touch points before and after use.
- 2) To maintain adequate physical distancing, do not use any weight machine directly next to one currently in use
- 3) Personal Workouts only (No partner/group workouts, No spotters).
- 4) Adjust Exercise Load/Intensity accordingly to safely perform personal workouts.
- 5) Limit workout sessions to 60 minutes (Enforced during peak facility hours).
- 6) Exercise in designated, adequately distanced workout spaces only.
- 7) Floor Exercises are permitted with the use of an exercise mat in adequately spaced areas only.

Command Reservations

- 1) For questions regarding command reservations or for more information, please email 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.

MWR Web Site: <https://www.NavyLifeGL.com/covid-19>