



Building 440 Fieldhouse Gymnasium (Effective December 01, 2020)

Hours of Operation:

1. **Monday – Friday 0530 to 2000/Holidays 0900-1700 (Closed on Weekends)**
2. **All Active Duty Military**
3. **Facility Capacity – 120**
4. **The Indoor Pool is open via reservation: Monday – Friday 1030 – 1330, Monday & Wednesday 1630 – 1930. Closed on Weekends.**

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 social distancing at all times
 - Equipment spaced 10 ft. apart. Limit of 5 people per 1K sq. ft.
- 4) Face Coverings/Masks required upon entry/check-in, locker rooms/restrooms, and in common spaces. Masks must cover Nose and Mouth at all times. They are recommended during exercise.

Available Services -

Retail Drinks for Purchase (Credit Card only)
Lockers at Limited Capacity (Essential Items only)
Weight and Cardio Rooms
Additional Equipment available on Running Track
Outer perimeter of gym floor for running/walking only
Basketball Courts are limited to exercise only

Secured/Prohibited Items -

Neck Gaiters, Scarves, Masks with Valves
No Gym Bags/Backpacks
Showers, Water Fountains, Sauna/Steam Room
Check-Out Equipment including Towels
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) No Floor Exercises; Exercise in designated workout spaces 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) Capacity – based on NAVADMIN 071/20
- 2) 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.