



**Building 440 Fieldhouse Gymnasium** (Effective April 5, 2021)

Hours of Operation:

1. **All Active Duty Military**
  - a. **Monday – Friday 0530 to 2000**
2. **All Hands (AD Dependents, Reservist, Retirees, DOD Civilians)**
  - a. **Monday – Friday 0530 to 1530**
3. **Facility Capacity – 120**
4. **The Indoor Pool is open via reservation: Monday – Friday 1000 – 1400, Monday & Wednesday 1530 – 1930**

**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 Rooms  
Additional Equipment available on Running Track  
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 Towel  
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 except in designated workout spaces only (Indoor Track and Courts utilizing workout mats)
- 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.
- 8) The Indoor Track is currently closed for running.

**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.