



Building 440 Fieldhouse Gymnasium

Hours of Operation: **Monday – Friday 0530 to 2000/Sat-Sun & Holidays 0900-1700**

- 1. All Active Duty Military**
- 2. Maintain a minimum of 6 feet social distancing**
- 3. Facility Capacity – 120**
- 4. The Indoor Pool opening on 28 September** (details provide in separate document)

Front Desk/Check In –

- 1) Health screening conducted at entry point. Thermo-scan (temperature check) and review of health screening questionnaire before proceeding to the front desk.
- 2) Show ID to Front Desk Staff (Do not hand Staff any ID's or Personal Items unless Asked)
 - Date/Time, Name, Rate/Ranks and Command will be required at check in, recorded, and used for potential contact tracing.
- 3) Face Coverings/Masks to be on upon entry/check-in, locker rooms/restrooms, and in common spaces. They are recommended during exercise.
- 4) We prefer that all patrons come dressed to workout. (ID, Water Bottle, Personal Towel) Locker Rooms are currently secured. All gym bags and Backpacks should be secured in a vehicle or barracks.
- 5) The front desk will not be offering any check out fitness equipment including towels (exception basketballs for personal use)
- 6) Please wipe down equipment and any touch points before and after use.
- 7) Retail Drinks are available for purchase (credit card only)
- 8) Showers, Water Fountains, Steam Room/Sauna's are unavailable and secured.

Weight Room/Cardio Room –

- 1) No Workout Partners including Spotters (adjust weight accordingly)
- 2) Exercise/Weight Equipment spaced 10 ft. apart. Limit of 5 people per 1K sq. ft.
- 3) No Floor Exercises
- 4) Limit workout sessions to 60 minutes (preferred)
- 5) Limit HIIT (High Intensity Interval Training) and Strenuous Exercises
- 6) Avoid Socializing in Exercise Areas

Gym/Basketball Courts/Track

- 1) Additional Cardio equipment and weight machines are placed on the track to accommodate more people and proper spacing.
- 2) Outer perimeter of the gym floor will be used for running/walking only.
- 3) Basketball Courts are limited to exercise only

Command Reservations

- 1) Capacity – based on NAVADMIN 071/20
- 2) Reservations are required for Command PT (outside only)
- 3) For reservations or more information, call 847-688-3419 or e-mail grlkmwrsportsand.fct@navy.mil
- 4) Reservations are authorized for group exercise sessions only.

Asking for full cooperation so we can support the health/safety protocols to operate. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.