



## Building 4 Courts Plus Gymnasium (Effective December 1, 2020)

### Hours of Operation:

1. **Monday – Friday 1600-2000 & Saturday/Sunday 0900-1700**
2. **All Active Duty Military**
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 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 Areas, Warrior Zone  
Additional Equipment available on Basketball Courts  
Outer 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) 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](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.