



Building 440 Fieldhouse Gymnasium (Effective May 24, 2021)

**Hours of Operation:**

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

**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) Fully immunized patrons (Have received 2 doses of the Covid-19 Shot) are not required to wear a face covering/mask.
- 4) Patrons who have not been vaccinated (Received ZERO or ONE of two vaccination shots) are required to wear a Face Covering/Mask at all times, unless actively utilizing cardio equipment (i.e Treadmill, Crosstrainer/Elliptical, Bike, Rower).

**Available Services -**

Retail Drinks for Purchase (Credit Card only)  
Lockers at Limited Capacity  
Weight and Cardio Rooms  
Additional Equipment available on Running Track  
Showers and Water Fountains  
Basketball Courts are limited to exercise only  
Indoor Check-Out Equipment including Towels

**Secured/Prohibited Items -**

Neck Gaiters, Scarves, Masks with Valves  
Sauna/Steam Room

**Workout Etiquette –**

- 1) Wipe down equipment and touch points before and after use.
- 2) Personal Workouts only (No partner/group workouts, No spotters).
- 3) Adjust Exercise Load/Intensity accordingly to safely preform personal workouts.
- 4) Limit workout sessions to 60 minutes (Enforced during peak facility hours).
- 5) Exercise in designated, adequately distanced workout spaces only.
- 6) Floor Exercises are permitted with the use of an exercise mat in adequately spaced areas only.
- 7) Indoor Running 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.