

Central Square Community Center COVID-19 Reopening Plan

We will be resuming operations within our facility under a three phase plan, which will allow us to ensure that all safety guidelines and protocols are being followed under state and health department recommendations.

Phase 1 will allow certain areas to be open with restrictions, including the fitness room, indoor pool, restrooms, bottle filling stations and activity room for limited fitness classes. We will be operating under restricted hours which will include the following:

Monday-Friday: 5 am - 8 pm

Saturday: 7 am - 12 pm, Sunday Closed

Current Memberships

Membership payments will be adjusted accordingly:

Pre-paid 6-month and Annual Memberships: Will be extended based on closure.

Monthly Memberships (ACH): Was not charged/processed for the months of closure.

Building Protocol

Face masks are required for everyone entering the building in the common areas, however, may be removed when engaging in fitness activities.

Members will be required to scan their card and review the facility protocol checklist posted at the front desk.

Fitness Room: The fitness room will have reduced occupant capacity. We request that workouts be limited to 60 minutes as necessary to provide access for all fitness members. Fitness equipment will be closed at various intervals to allow for social distancing and sanitation. Flexibility and patience will be necessary. Disinfection supplies are available in the fitness room. Please spray the towels provided and wipe equipment down before and after use.

Fitness Classes: Phase 1 allows limited fitness class options, with a capacity of 14 participants per class. We request that you register online when possible to help limit contact as much as possible. Social distancing will be followed in class by designated spaces in the activity room. Equipment will be sanitized between classes.

Indoor Pool: Phase 1 will include lap swimming for members only, with a capacity of 10 swimmers allowed at a time in the pool.

Locker rooms: Restrooms, showers and locker rooms will be open with limited capacity and posted use restrictions. We ask that you use only designated lockers to provide for social distancing requirements.

Facility and Equipment: Staff will clean and disinfect high-contact surfaces regularly. We will provide nightly deep cleaning. Disinfection supplies will be provided for equipment and hand sanitization stations are offered throughout the building.

Additional Programming

Youth programs: We plan to resume youth programs such as swimming lessons and gymnastics in Phase 2 of the reopening plan.

Senior Center: Activities will be reintroduced in Phase 3 of the reopening plan.

Facility and Equipment

Staff will clean and disinfect high-contact surfaces regularly.

We will provide nightly deep cleaning.

Disinfection supplies will be provided for equipment and hand sanitization stations are offered throughout the building.

What Can You Do

Social Distancing: Please adhere to the social distancing guidelines and maintain a distance of 6' from one another when possible. Follow markings and signage in the common areas, fitness room, activity room, locker rooms and pool areas. Equipment in the fitness room has been moved or closed off accordingly for distancing purposes.

Hygiene: Regular handwashing is crucial for reducing the spread of COVID-19. Remember to avoid touching your face, including your eyes, nose and mouth with unwashed hands for your safety.

Protect Yourself and Others: Please follow the current Center for Disease Control guidelines on how to help prevent the spread of COVID-19:

- Wash your hands frequently and thoroughly with soap and water.
- Use a hand sanitizer that has at least 60% alcohol.
- Keep 6 feet away from other people.
- Avoid touching your face.
- Clean equipment before and after use (spray the towel, not equipment).
- Bring your own water bottle as the water fountains will be unavailable. Bottle fillers will remain on.
- Masks are required while entering and leaving the building, but they are not required in fitness areas.

- Cover your nose and mouth when sneezing or coughing.
- Avoid contact with people who are sick.

Stay Home if you Are Sick:

Remember, COVID-19 may be spread by asymptomatic individuals too. Stay home if you have been around someone who is sick or if you're experiencing any of the following symptoms:

- Fever
- Cough or shortness of breath
- Feeling run down
- Loss of taste or smell

Thank you for your patience and cooperation.