



Fitness Center Safety Protocols

Our staff is working hard to create a safe environment for our residents, but we all need to do our part to ensure our community continues to be a safe place. Wearing a mask, wiping down equipment, and social distancing are important for everyone's health. We appreciate your patience and compliance with these safety protocols.

Capacity

- ◇ No more than 3 people may be in the Fitness Center at any one time.

Scheduling Your Workout

- ◇ Residents are required to schedule their workouts online, in advance, using the link that has been distributed via email. If you misplace this link or need assistance with scheduling your workout, please contact the leasing office at (585) 334-6870 or ESV@ErieStation.net.
- ◇ The online reservation calendar is divided into two periods:
 - Morning period (12:00AM to 11:59AM)
 - Evening period (12:00PM to 11:59PM)
- ◇ Workouts are scheduled in 30-minute blocks.
- ◇ Residents may reserve up to two consecutive blocks of time (one hour total) within a given time period (morning/evening).
- ◇ Residents may reserve up to one hour within each period (morning/evening) for a maximum daily total of two hours.
- ◇ Residents may not reserve two non-consecutive, 30-minute sessions within the same period (morning/evening).
- ◇ If residents book two sessions within the same day, there must be at least one hour of time between their morning and evening sessions.
- ◇ Examples
 - Two back-to-back 30-minute sessions within the morning period (for example, 9:30 – 10 a.m. and 10 – 10:30 a.m.) – **YES!**
 - Two 30-minute sessions within the morning period, with a break in between (for example, 9:30 – 10 a.m. and 11 – 11:30 a.m.) – **NO, half-hour sessions must be booked back-to-back within the same scheduling period.**
 - Two back-to-back 30-minute sessions within the morning period, and two more back-to-back 30-minute sessions within the evening period (for example, 9:30 – 10 a.m. and 10 – 10:30 a.m. within the morning period, as well as 4 – 4:30 p.m. and 4:30 – 5 p.m. within the evening period) – **YES!**
 - Two back-to-back 30-minute sessions within the morning period, and two more back-to-back 30-minute sessions within the evening period, with no buffer between them (for example, 11 – 11:30 a.m. and 11:30 a.m. – 12 p.m. within the morning period, followed by 12 – 12:30 p.m. and 12:30 – 1 p.m. within the evening period) – **NO, even if allowable sessions are booked within morning and evening periods, there must be a minimum of one hour between them.**



Fitness Center Safety Protocols (*continued*)

Health Checks

- ◇ If you are sick, or someone in your household is sick, please do not use the Fitness Center.
- ◇ Upon arriving at the Fitness Center, residents will be required to sign in, provide contact tracing info, and fill out a questionnaire verifying they aren't sick and haven't recently been exposed to someone diagnosed with Covid-19.
- ◇ Residents should notify Erie Station Village immediately if they test positive for Covid-19 within 14 days of their last visit to the Fitness Center. Please contact the leasing office at (585) 334-6870 or ESV@ErieStation.net.
- ◇ Residents diagnosed with Covid-19 are prevented from using the Fitness Center for a minimum of two weeks.

During Your Workout

- ◇ Unless you are the only person in the Fitness Center, you **MUST** wear a proper mask covering both nose and mouth at all times – even while exercising.
- ◇ Neck gaiters, buffs, and bandanas are not permitted.
- ◇ If you are medically unable to wear a face mask, you are required to wear a face shield.
- ◇ Please bring your own water bottle and workout towel. As per NYS and County Health Department guidelines, the water fountain outside the Fitness Center will not be operable.
- ◇ Clean your hands regularly with hand sanitizer during your workout. For your convenience, hand sanitizer will be available in the Fitness Center.

Cleaning and Sanitizing

- ◇ Please disinfect any equipment both before and after you use it. For your own protection and peace of mind, we strongly advise you to wipe down the equipment **BEFORE** using it. For your convenience, spray and paper towels will be available in the Fitness Center.
- ◇ Our staff will clean 2-3 times/day and a professional cleaning company will also clean it 3-5x/week.

These protocols are subject to change. Adjustments will be made to accommodate any new recommendations given by the CDC, DOH, New York State, and Monroe County.