

Group X Indoor Class Procedures:

Thank you for registering for fitness classes at the Lisle Park District. Below are some procedures we will follow during Phase 4 of Restore Illinois.

- **General COVID-19 Related Procedures.**

- *PARTICIPANT DAILY COVID-19 CHECKS.* Prior to reporting to the program, please ask yourself/your child the following:
 1. Do I have symptoms of COVID-19 illness (fever, cough and/or shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, loss of taste or smell)?
 2. Do I have a fever at or above 100.4 degrees Fahrenheit?
 3. Do I feel sick?
- If you answered "**YES**" to any of the above three questions, **do not proceed to the program and notify the program manager.** Participants who are experiencing COVID-19 symptoms should call their doctors and follow CDC guidelines.
- *Stay home if you are sick.* If you or a member of your household feels sick, please do not report to class. If you or a member of your household have a fever, do not report to class.
- *Classes will be limited in size.* Participants must sign up in advance for class.
- *Participants will be spaced out 8ft apart during class.* "Spots" will be measured out for students, so they are spread out enough.

- **Sanitizing and Equipment**

- All participants will sanitize their hands when they enter and leave the building by washing their hands or with provided hand sanitizer.
- All equipment will be disinfected before each class. Staff will disinfect equipment after each class as well.
- Participants must bring their own mats for classes that require them.
- Participants are welcome to bring their own equipment if they have it and can use the provided disinfectant to clean it before class.
- No equipment will be shared during classes.

- **Face coverings**

- Participants, instructors, and staff will wear face coverings at all times, including during exercise.

- **Bathrooms and water access**

- Participants should bring their own water bottles for class.

- Bathroom access will be available. Participants are encouraged to arrive ready for class to eliminate touching additional surfaces.