

COVID 19 Policies and Recommendations for Rec Center

Effective Immediately

This City of Mitchell has put into effect a mask mandate for all enclosed buildings. We have put in place our policy and guidelines while patrons are in the Mitchell Recreation Center. These will be in effect until the City has lifted the mask mandate. We ask that you all can comply with these policies and guidelines so that we can stay open and service you and the community to the best of our abilities during these times. Thank you for your cooperation.

1. ALL PATRONS ENTERING THE RECREATION CENTER MUST WEAR A MASK. Masks will be worn at all times in lobbies, hallways and locker rooms when maintaining a 6 ft distance is not possible. Workout rooms, pool, hot tub and steam room policies are as follows:
 - Cardio room:** Once in the cardio room and on a machine you will be able to take your mask off and work out. We will implement that every other machine will be shut off to ensure that everyone is 6 ft. apart or more while exercising. Please remember to wipe down machine before and after usage.
 - Weight room & Multipurpose room:** You will not have to wear a mask as long as you can stay 6 ft. apart from other patrons. If this is not possible due to high volume usage, you will have to wear a mask while lifting. When groups of 3 or more are training with personal trainers and lifting, they will have to wear a mask, as physical distancing will not be possible. We will also have every other cardio machine shut off to ensure physical distancing is possible while exercising. Please remember to wipe down machines before and after usage.
 - Hot tub:** 2 people maximum in the hot tub at a time. 10-minute time limit so everyone has an opportunity to use it (if nobody is waiting you can stay in longer). You must stay on opposite sides of each other. You will not have to wear a mask while in the hot tub but once you are out you will need to put it back on.
 - Steam room:** 2 people maximum in the steam room at a time. 10-minute time limit so everyone has an opportunity to use it (if nobody is waiting you can stay in longer). You must stay on opposite sides of each other. You will not have to wear a mask while in the steam room but once you are out you will need to put it back on.
 - Gymnasiums:** If you are participating in a Park & Recreation program or just participating in any physical activity, you will not have to wear a mask. If you are only spectating or not participating in physical activities when in the gym, you must wear a mask.
 - Indoor Aquatic Center:** You must wear your mask while in the pool area. When you are ready to get into the water, you can take it off. Once you are done and get out of the water you will need to put it back on.
 - Locker rooms:** You must wear your mask in the locker room except for when you are showering.
 - Hallways and Lobby areas:** When in the hallways or sitting in lobby areas you must wear a mask.

These Policies apply to 24/7 as well.

2. Physical Distancing: We ask that everyone stay 6 feet apart. When physical distancing is not an option, you must wear a mask.
3. You must wipe down your machines before and after use. Members will be asked to use one of the disinfectant towels placed in the workout rooms to disinfect. Do not share with anyone else and place in the towel bins when done.
4. Full time and part time staff will be disinfecting frequently touched surfaces as much as possible. During 24/7 period we will not have staff available to disinfect regularly. Members coming in during that period will also be required to disinfectant the machines they use before and after.
5. Shower towels will be at the front desk and will be limited to one free. Additional towels will be .25 cents each. Towels will be available to non-members for .25 cents each.
6. Personal Training: Personal & Athlete training will also resume with a max of eight per session. All sessions must be set up through Thomas and Adam and paid for before you start.
7. 24/7 access will be available for adults. We ask that you follow the same guidelines as in the past. We will be monitoring our cameras to ensure that everyone is following these guidelines for everyone's safety.
8. The Indoor Aquatic Center is open as regularly scheduled.

-Birthday parties and room are now available for rent. 10 people max in the room.
9. Hours of operation: Monday-Thurs -- 5:30 a.m. – 9:00 p.m. Friday 5:30 a.m. – 8:00 p.m.
Saturdays -- 8:00 a.m. – 6:00 p.m.
Sundays – 1:00 p.m. – 6:00 p.m.