



Check list for Working Out at the Niles Park District Golf View & Tam Tennis Fitness Center

- ❖ Fully vaccinated individuals are not required to wear a face mask or social distance.
- ❖ Individuals not fully vaccinated are encouraged to wear a face mask when social distancing is not possible.
- ❖ Do not come to work out if you are sick. If you are experiencing cold or flu like symptoms, have a fever, or have been exposed to someone with Covid-19; stay home and protect other participants and staff.
- ❖ Please fill your water bottles prior to entry, as water fountains are unavailable.
- ❖ Towel service has been discontinued for the health and safety of our members and Staff. Please bring your own towels.
- ❖ Please follow all social distancing while at the Fitness Centers.
- ❖ Please follow all social distancing signs and other directional signs placed throughout the fitness centers.
- ❖ Please allow for one person at a time in the elevator unless you are with a person with whom you currently reside.
- ❖ When using the staircase please allow for social distancing as people are moving up and down.
- ❖ Please do not use handrail if it is not necessary.
- ❖ Wipes are provided in both the cardio area and weight room area.
- ❖ **We ask that all members take the time to wipe down their equipment and area they are in prior to and after. If sweat travels to the floor, the member must wipe up the floor surrounding their equipment.**
- ❖ As we follow social distancing guidelines the locker rooms and showers are not currently available.
- ❖ **Be respectful.** With everyone following the guidelines and rules set forth, we can provide a safe and fun fitness atmosphere.
- ❖ **Failure to follow guidelines;** We care about your health. The Covid-19 pandemic is very serious. Please be respectful of staff and fellow patrons always. Failure to follow staff directives and the guidelines set forth will result in suspension of your fitness privileges until further notice.
- ❖ Please note schedules can change at any time. We will do our best to update you through emails and social media platforms. Please make sure that we have your correct email on file.

Golf View hours:

Monday-Friday 6am-8pm

Saturday-Sunday 7am-5pm

Tam Tennis Fitness hours:

Monday-Friday 7am-7pm

Saturday-Sunday 8am-4pm