Hogan Sports Center Re-Opening Guidelines

The Hogan Sports Center will be opening on June 15th for those attending fitness classes as well as personal training sessions with Shawn or Pam. We will open the fitness center beginning Wednesday June 17th. In order to keep everyone safe we will abide by the Health and Fitness Guidelines policies and procedures:

- Our staff will be screened daily with a health questionnaire asking if they have any symptoms of COVID-19. We ask that you do the same before you arrive to the facility. Please do not enter the facility if you have a fever, any respiratory symptoms such as runny nose, cough, sore throat or shortness of breath. We also ask anyone who has traveled outside the US, have had close contact with someone suspected or confirmed to have COVID-19 or traveled outside of ME, NH or VT on public transportation the past 14 days should self-quarantine for at least 14 days before entering the facility.
- All participants must wear a mask when in the facility except when they are participating in a class or working out in the fitness center or walking the track
- All staff will be wearing a mask if they can’t maintain 6 foot distancing
- Social distancing of 6 feet must be maintained whenever possible. We will have participants in classes that exert more energy spread out at least 8 feet apart
- Class participants must supply their own mats
- Hand washing or sanitizing is highly recommended before entering the facility, after entering the facility and after taking the class. We will have hand sanitizer available
- Yoga classes will take place in the Mercer gym- building to the left of the Hogan entrance
- All other classes will take place on Hogan court 1
- Please arrive class ready so we don’t have people congregating. If you have to change shoes we will have some seating placed at least 6 feet apart.
- Since our gym spaces can accommodate larger classes, we will not require reservations but we do ask that you give your name to the front desk attendant. We will not be collecting membership cards. If you have to pay a class fee it would be beneficial if you bought a 10 punch card for $80. You save $20 dollars if you are a frequent guest and it doesn’t expire.
- We will limit the number of people in the fitness center to 50% capacity. We have determined the number to be about 15 people on cardio, 8 using the keiser equipment and 8 in the free weight area. This is a guestimate. If we see that social distancing is not taking place, we will reduce the numbers and possibly go to a reservation system if necessary. Some cardio machines will not be in use in order to abide by the 6 foot spacing. We will place some cardio machines in the aerobics room for use. We ask that everyone do their part in using spray bottles to wipe down all machines, benches and weights after each use.
- Bring your own water bottle. We do have fountains with refill stations.
- The Hogan staff will be wiping down equipment and high touch areas frequently and our housekeeping staff will do thorough cleaning overnight but we ask that you do your part in wiping down equipment that you use.
- The lockerrooms are available for showering and use of the bathroom but please practice social distancing and washing of hands. We recommend arriving class ready and leaving right after class.
• Please do not gather in the lobby or hallways or in the class area. I know this may be difficult because we love the social aspect of working out, but we must follow these guidelines until some of the restrictions are lifted.

• We all have differing thoughts about the virus and the stay at home policies. We ask that everyone be kind to one another in word and deed.