

Re-Opening Guidelines Seabrook Community Center

******All area times/blocks are staggered to avoid gathering in lobby*

******Members only, no guests*

******Temperatures will be checked and logged before entering*

******Specific questions will be asked before entering*

******Cleaning and disinfecting logs will be kept in each area open*

Weight Room & Stage Equipment Guidelines

One person allowed in the “weight room” at a time

One person allowed on the “Stage” to use Cardio equipment at a time

Must stay in area registered for, no moving from stage to weight room etc.

Must register on-line for 45 minute blocks

Must be a current member

If under 18 you must have a parent/guardian with you

Must check-in at the front desk

Must wear a mask when entering and exiting and while walking around the building

There will be 15 minutes between blocks to have the areas cleaned and disinfected

Members are required to thoroughly clean and disinfected used equipment (machines, benches, bars, dumbbells, weights, sporting equipment, etc.) after each use

Only clean equipment should be placed back on a storage rack or in a container to be ready for the next use

Maintain a 6ft. distance with Staff Members

Gym Guidelines

10 people allowed in "Gym 1" at a time

10 people allowed in "Gym 2" at a time

If under 18 you must have a parent/guardian with you

Divider will be down

Must be a current member

Must register on-line for 45 minute blocks

Must check-in at the front desk

Must wear a mask when entering and exiting and while walking around the building

There will be 15 minutes between blocks to have the areas and equipment cleaned and disinfected (limited equipment use)

Maintain a 6ft. distance with Staff Members

Locker Room Guidelines

One person allowed in the “locker room” at a time to shower

Must register on-line for a 1 hour block

Must be a current member

Must check-in at the front desk

Must wear a mask when entering and exiting and while walking around the building

Only 1 specific shower to be used

1 hour in between blocks to have the area cleaned and disinfected (Locker Room and Bathrooms)

Maintain a 6ft. distance with Staff Member

Communal Areas Closed

Game Room

Adult Waiting Area

Multi-Purpose Rooms