

## CPTC FITNESS

### THE “HEALTHY WASHINGTON” GUIDELINES NOW REQUIRE FACIAL COVERINGS TO BE WORN AT ALL TIMES – ON COURT AND DURING FITNESS

- No exceptions
- Staff and participants are all required to wear face coverings at all times, including during play and working out. This includes cardio machines.
- Violations for non-compliance will be strictly imposed.
  - One time warning – put on face covering or leave facility immediately; \$100 penalty fee for non-compliance.
  - Second offense - \$200 penalty fee for non-compliance
  - Penalty fees apply to specific members, not to family memberships, and are not considered part of the Tennis Policy violations.

### HOURS

Monday – Friday 6:00 AM – 1:00 PM and 3:00 PM - 8:00 PM

- No staff present
- All participants must clean their equipment after use.
- The midday closure allows for a deeper cleaning by staff.

Saturday and Sunday 8:00 AM – 8:00 PM

- Staff will be present 9:30 AM – 3:30 PM to monitor usage and spacing.
- All participants must clean their equipment after use.

Day	6:00 – 1:00 pm 45-minute session	3:00 – 8:00 pm 45 -minute session
Monday through Friday	Self-Clean Equipment	Self-Clean Equipment

Day	8:00 am – 8:00 pm 45-minute session
Saturday and Sunday	Staff Supervised and follow up cleaning.

- Number of Available Reservations will still be 3.
- A 15-minute gap in between each reservation will still be in place to allow for staggered entry and exit.
- During workout, masks are required.
- Members **are required to stay in the designated areas**, separate from other members unless they reside in the same household with each other.
- Fitness reservations can be made on GameTime.
- Each 45-minute time slot is limited to 3 participants – **one person is allowed in each room.**

#### **EQUIPMENT MUST BE CLEANED BY PARTICIPANT FOLLOWING USE**

- No exceptions.
- Failure to comply will prohibit use of the facility for one month.
- Report any issues to the Club Manager.

#### **Entry and Exit:**

- Entry - courts and fitness will be accessed through the Clubhouse.
- Exit - everyone will exit through the handicap service gate directly to the parking lot.
  - <https://www.youtube.com/watch?v=rp7cBHvOZ9c&feature=youtu.be>
  - This means take your belongings with you – you will need to re-enter the facility if you need to access the front desk or locker room after play.
  - You no longer need to manage the wet and possibly slippery outdoor stairwells.

#### **Water/Beverages/Snacks/Logo Wear:**

- All available at the Front Desk – ice/water also available in the lounge – bring your own bottle or insulated cups available for purchase.
- Touchless Water dispensers are now available in all the tennis building lounge/viewing areas.

#### **Locker rooms and Restrooms:**

- Locker rooms are available as you enter the Clubhouse No towel service or showers at this time. Please maintain 6 feet of distance if you must change. Take everything with you.
- Restrooms are available on the lower level of the Clubhouse and in the Roberts Building.
- Port-o-potty is available by court 5.
- A 15-minute gap in between each reservation will still be in place to allow for staggered entry and exit.
- During workout, masks are required.
- Members **are required to stay in the designated areas**, separate from other members unless they reside in the same household with each other.

#### **Self-Clean workouts**

- If a member reserves a self-clean workout time, it is the member's responsibility to take a disinfectant bottle and towel and wipe down each piece of equipment they use.
- DO NOT SPRAY THE DISINFECTANT ON THE EQUIPMENT, spray the towel and wipe the equipment.

- At the end of the timed workout session, member will return disinfectant, and place the towel in the used towel bin.

This change will be monitored daily, and modifications will be made if necessary. We are counting on you to keep CPTC safe, healthy, and open.

More details:

- All participants must sign up for the workouts through GameTime. No drop- ins or front desk registration will be allowed. To learn how to LOGIN IN, [click here](#).
- Only Central Park members are permitted. Guests and those on the membership waitlist are not eligible to sign up.
- Members can only participate in one session per day. Members may call the front desk **the day of** to reserve an additional workout time.
- If you cancel less than 4 hours or do not show up for your scheduled session, you will be charged a \$5 fitness fee.
- You may enter the Clubhouse and MUST WEAR A FACIAL COVERING.
- A staff member will be located at the Front Desk to check you in for your reservation.
- Members should use hand sanitizer prior to session starting. (Hand sanitizer is available.)
- You will need to follow the entry/exit signs to access the Fitness Court and to leave the facility
- You will have access to the locker room facilities (restrooms, no showers) prior to your reservation. Towel is not available at this time.
- You will not have access to the other tennis buildings, the multi-purpose room or the basement level.