



Outdoor Fitness Policies

Thanks for registering for an outdoor class! We have some safety protocols and general details to tell you about so you know what to expect when you arrive for your workout.

Health + Safety

- Please wear a mask when entering the area and keep mask on throughout the check-in process.

Masks can be removed once you are in the actual class area and you are spaced 6ft apart from other people

- You must be in good health – anyone that is visibly ill will be asked to leave
- Each participant will need to sign in – full name, email address and phone number.

We will have sanitized pens and hand sanitizer at the sign-in station

- You will be asked to sign a [waiver](#) on your first visit. It does not need to be signed again.
- The JCC will administer a short health assessment prior to each session so please plan to arrive 10 minutes before the session starts
- The health assessment will include the following questions:

1. Have you been in close contact with someone who has tested positive for COVID-19 within the last 14 days?

2. Have you traveled outside NYS within the last 14 days to a restricted state?

Current list can be found here: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

3. Are you experiencing any of the following symptoms today (not related to allergies or smoking): cough, shortness of breath or difficulty breathing, fever of 100.1 or above, chills or repeated shaking with chills, muscle pain, headache, sore throat or a new loss of taste or smell

- All participants who can respond “no” to ALL the health questions in the self-assessment will have their temperature checked before entering the workout space at the JCC.
- While waiting to have temperature checked, participants should maintain a distance of 6ft apart until the instructor calls the next person to approach. When approaching the temperature check point, wait at least 6ft behind the next person waiting
- Your temperature will be taken by a touch-free thermometer and your reading MUST be 100.0 or below in order to participate in class

General

- Please bring a mask
- Please bring your own mat for small group HIIT training
- Please bring your own filled water bottle and towel
- No bathroom facilities are available
- Please park in the main lot and head towards the back of the building, the tennis courts will be on your left
- In the event of inclement weather, you will be notified of cancellation 30 minutes prior to class.

If weather conditions worsen during class you will be directed back to your cars