

ClarkSportsCenter

Guidelines and Safety Procedures

Our Commitments to Your Safety

Fully vaccinated individuals (at least 2 weeks past your last shot) are no longer required to wear a mask. Please provide proof of vaccination.

We will continue to have temperatures monitored at the check-in desk but members will no longer have to fill out the health screening. Please wear your mask to the check-in desk and present your proof of vaccination before you take your mask off. Going forward you will come in, take your temperature and go directly to scan your tag, a message will pop up that you are fully vaccinated. If it doesn't and you don't have a mask on, we may ask for proof of vaccination. If you cannot present it, you will be asked to put a mask on until you can.

Our staff is taking an active role in cleaning, monitoring capacity and maintaining social distancing guidelines. Your health and safety is our top priority and with continued guidance from the CDC and NYSDOH we will determine the safest course of action for everyone entering and using our facility.

Requirements for Your Safety

- A face mask or covering is required for members that are not fully vaccinated.
- Maintain a minimal distance of 6 feet between yourself and others.
- Hand sanitizer stations are available throughout the facility.
- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials set up, please email Membership Director, Kathy Graham.
- Adult members and youth members 12-18 may use the facility.
- A temperature check is required at every visit
- At your first visit, members will be required to sign a COVID Waiver.
- Please do not enter if you have any of the following symptoms: Fever, Chills, Cough, Fatigue, Difficulty Breathing, Shortness of Breath, Muscle/Body Aches, Headache, New Loss of Taste or Smell, Sore Throat, Congestion, Runny Nose, Nausea, Vomiting, Diarrhea
- Scheduled cleaning in each area
- Follow proper entry and exit procedures throughout the building



Aquatics Center Guidelines

- Adult members and youth members 12-18 may use the facility.
- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials, please email Membership Director, Kathy Graham, at grahamk@clarksportscenter.com.
- Enter the pool area through the Administration hallway.
- Please do not arrive more than 10 minutes early prior to your reservation.
- Wait for a staff member to assist you.
- Practice social distancing.
- Masks must be worn on the pool deck, if not fully vaccinated.
- Take off shoes on the pool deck.
- Jog belts are available and cleaned after each use. No other equipment provided.
- Balcony is closed.
- Changing out of swimming attire on the pool deck is prohibited.
- Towel service no longer provided.
- Keep your belongings in the basket in the space provided.
- Exit the pool area through the Aquatic Activity Room.
- Schedule is subject to change.
- The Locker Rooms are open for changing only. Showers are unavailable.



Bowling Guidelines

- Adult members and youth members 12-18 may use the facility.
- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials, please email Membership Director, Kathy Graham, at grahamk@clarksportscenter.com.
- Bowling is free at this time.
- Please do not arrive more than 10 minutes early prior to your reservation.
- The Bowling Alley will operate with every other lane available – 4 lanes, with a limit of 4 people on a lane.

- Bowlers will get a glove so they can determine what weight ball they want and if their fingers fit. The glove will then be thrown away.
- They will get shoes and a scoresheet and then they must stay in their own lane area.
- When finished, they will return the shoes and balls to specified return areas for cleaning. The shoes will be disinfected and taken out of service for 48 hours.
- The Bowling Alley staff will clean the score table, chairs, and ball return area during the cleaning time block after every reservation.
- During the night and cleaning breaks the maintenance staff will use the electrostatic sprayer in this area.
- The Locker Rooms are open for changing only. Showers are unavailable.



- Adult members and youth members 14-18 may use the Fitness Center.
- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials, please email Membership Director, Kathy Graham, at grahamk@clarksportscenter.com.
- Time blocks are separated by cleaning blocks and the Fitness Center staff will do the cleaning.
- Members will also clean the equipment they have touched like they are normally required. During the cleaning breaks and at night electrostatic sprayers will be used.
- Please do not arrive more than 10 minutes early prior to your reservation.
- The equipment in the Fitness Center, both downstairs and upstairs, has been rearranged, closed off, or removed in order to assure there will be 6 feet between participants.
- The free weight/lifting area is now open with the use of dumbbells. The barbells are not available yet.
- Rowers have been removed because of the amount of air/wind movement they create but they have been placed in a couple of the group fitness studios.
- A limited amount of equipment from the Escape rig is available to use in specified workout areas.
- New Fitness Center members can schedule an optional Fitness Center Orientation at the Fitness Center Desk.
- Participants must wear appropriate clothing and footwear at all times. Masks must be worn if not fully vaccinated.
- Participants must wipe off equipment after use.
- Towel service is no longer available.
- The Locker Rooms are open for changing only. Showers are unavailable.

Please visit www.clarksportscenter.com for information on how to reserve your time slot. For questions regarding our online registration process, or if you wish to become a member or reactivate your membership, please contact Kathy Graham at (607)547-2800, ext.115 or grahamk@clarksportscenter.com.



Group Fitness Guidelines

- Adult members and youth members 14-18 may participate in Group Fitness Classes.
- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials, please email Membership Director, Kathy Graham, at grahamk@clarksportscenter.com.
- Please arrive no more than 10 minutes prior to your reservation.
- No admittance after class has started. No exceptions.
- Please cancel your class reservation if you cannot make it.
- Class sizes are limited to ensure physical distancing guidelines.
- Masks are required at all times covering your nose and mouth, if not fully vaccinated.
- Please wash or sanitize your hands before and after class.
- Bring your own yoga mat and props to class. Equipment must be labeled.
- Maintain physical distancing of 6 feet before, during and after class.
- Please bring minimal personal belongings into the studio and store directly next to your spot. Use single file to enter and exit studios.
- Clean your bike after class. Supplemental cleaning will be done by staff.
- Group Fitness studios & Spinning® bikes are for classes only.
- Please arrive 10 minutes early if you are a brand new participant.
- Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots.
- Please hang coats and leave boots in the cubby area.
- Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.
- Personal headphones are not permitted during Group Fitness classes.
- Please silence cell phones and refrain from using during class.
- Towel service is no longer available.
- The Locker Rooms are open for changing only. Showers are unavailable.