

# ClarkSportsCenter

## Guidelines and Safety Procedures

### Our Commitments to Your Safety

Members coming to use the Clark Sports Center will be required to complete a health screening upon entering, wear a face covering at all times and practice social distancing.

Our staff will be 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 throughout the facility. It must cover your mouth and nose at all times.
- 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 (18+ and out of high school) only.
- A temperature check and completing a health screening questionnaire are 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 (18+ and out of high school) only.
- 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.
- 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 take you to your assigned spot.
- Practice social distancing.
- Masks must be worn on the pool deck.
- 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.
- Men's and Women's locker rooms are open for changing only. Showers are unavailable.



## Bowling Guidelines

- Adult members (18+ and out of high school) only.
- 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.
- 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.



- Adult members (18+ and out of high school) only.
- 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.
- 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.
- 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, footwear and mask at all times.
- Participants must wipe off equipment after use.
- Towel service is no longer available.
- Men's and Women's locker rooms are open for changing only. Showers are unavailable.

Please visit [www.clarksportscenter.com](http://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](mailto:grahamk@clarksportscenter.com).



## Group Fitness Guidelines

- Adult members (18+ and out of high school) only.
- 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.
- Please arrive no more than 10 minutes prior to your reservation.
- No admittance after class has started. No exceptions.
- If you cannot make your reservation, please cancel at least one hour prior.
- Class sizes are limited to ensure physical distancing guidelines.
- Masks are required at all times covering your nose and mouth.
- 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 entrance and exit to studios.
- Clean your bike after class. Supplemental cleaning will be done by staff.
- Group Fitness studios & Spinning® bikes are for classes only.
- 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 or locker room.
- 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.
- Men's and Women's locker rooms are open for changing only. Showers are unavailable.