

Norris Recreation Center Tier 3 Guidelines

Updated 11/20/2020

1. All participants **ARE REQUIRED** to wear a face covering when entering/exiting the facility and when **EXERCISING**.
2. Norris Recreation Center is open to our members and guests.
3. Members and guests must do a COVID-19 self-check prior to exercising at NRC.
4. Each space is limited to 25% capacity
 - a. Fitness Center – 30 users at one time
 - b. Mini-Gym – 1 user at one time
 - c. Cycle Studio – 4 users at one time
 - d. Tennis Courts – 8 users at one time
 - e. Indoor Pool – 12 users at one time
5. Participants must follow the new traffic flow pattern to assist with physical distancing (6 ft.).
6. Participants must come dressed to exercise.
7. Participants must maintain adequate physical distancing (6 ft.) between each other.
8. Participants must clean equipment before and after use.
9. Water fountains are not available. The bottle refill station in fitness center is available.
10. Towel service has been suspended.
11. Locker rooms including sauna and whirlpool and child care center are closed.