

Outdoor Gym Use at Montanoso Recreation Center

Facility Hours of Operation:

Montanoso Recreation and Fitness Center

Monday /Wednesday/Friday (1 - 6:45 pm) *

Tuesday/Thursday (7 am - 7:45 pm) *

Saturday (7 am - 1:45 pm) *

Sunday (Closed)

****Patrons will receive a 15-minute warning before closing.***

When the gym is at full capacity, members will be asked to wait on the socially distanced staging markers outside the entry way. Once members are checked in, their entry time will be time-stamped via their card swipe at the front desk. Staff will inform members when they have 10 minutes left in order to continue moving people through the gym and maintain a clean environment. We encourage members to call the centers at 949-859-4348 before visiting the facility to gauge capacity levels. However, we cannot guarantee automatic entry and no wait times. Please be considerate of the time limits and rules for gym use.

Patrons are required to wipe down their equipment after every use and to bring a towel. This includes all free weights, cables, medicine balls, slam balls, machine attachments, weight machines, and cardio machines. In addition, staff and a professional cleaning crew will continuously peruse the gym to ensure equipment is being cleaned effectively.

COVID-19 Gym Use Rules

- Exercise equipment will be arranged to allow six to eight feet of physical distancing to promote social distancing.
- Employees and members will avoid handshakes and similar greetings that break physical distance.
- Patrons must wear masks when walking throughout the facility and using equipment; however, masks are optional when patrons are using cardio equipment. If patrons choose to arrive without a mask, they will be asked to leave.
- Patrons will need to bring their own towels.
- Patrons should bring their own water bottles. Drinking fountains will not be available for use.
- When visiting the gym, patrons must limit their personal belongings. No lockers will be available for use, and locker rooms will remain closed at this time.
- Patrons are asked to refrain from touching walls, windows, and any equipment outside their designated zone.
- Upon leaving the gym, the patron is to remove all his or her personal belongings, towels, and clothing.
- CDC-recommended hygiene tips will be posted in the facility and restrooms as reminders for all patrons and staff.

Preparing to Workout

- Do not participate if you are exhibiting any illness symptoms or have been in contact with someone with COVID-19 over the last 14 days.
- Wash your hands with disinfectant soap and water (for 20 seconds or longer), or use a hand sanitizer if soap and water are not readily available, before using equipment.
- Clean and wipe down your personal belongings and water bottles before and after facility visit.

- Do not share towels or any other equipment such as wristbands, belts, or water bottles.
- Bring a full water bottle and towel to the facility for your workout.
- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching walls, windows, benches, etc. whenever possible.
- Gym occupancy has been reduced and members will be allowed to enter until occupancy is reached. As one gym user leaves, another gym user can enter.

During Workout

- Stay at least six feet apart from other patrons while walking around the facility and in your designated area while working out. Do not make physical contact with any other patron (such as shaking hands or a high five).
- Avoid touching your face after touching equipment. Wash your hands promptly if you have touched your eyes, nose, or mouth or use hand sanitizer if soap and water is not readily available.
- Cover your coughs and sneezes and dispose of any used tissue immediately.
- Avoid sharing food, drinks or towels.
- If you change equipment locations, everyone should pass to the left and maintain social distancing.
- Benches and tables will not be used. Patrons may not use rest areas around the facility.

After Workout

- Clean all equipment that was being used.
- Wash your hands thoroughly or use a hand sanitizer after working out.
- No extra-curricular or social activity should take place. No congregation after your workout.
- All patrons should leave the facility immediately after their session, exiting through the tennis court gate and following the path along the side of the facility to the front patio gate.

Other Reminders

- If an emergency arises during your workout, we ask that you immediately notify the lifeguard on duty at the pool or the nearest staff member for assistance. All outdoor gym members should exit toward the parking lot in a calm and safe manner.