



## Stage Two Reopening Plan

Start Date: Wednesday, June 24, 2020

### Open Facilities & Hours:

- Roanoke
  - Monday-Friday: 8 a.m. – 8 p.m.
  - Saturday-Sunday: 9 a.m. – 3 p.m.
- Botetourt
  - Monday-Friday: 8 a.m. – 8 p.m.
  - Saturday-Sunday: 9 a.m. – 3 p.m.
- Westlake
  - Monday-Friday: 8 a.m. – 12 p.m., 4 p.m. – 8 p.m.
  - Saturday-Sunday: 9 a.m. – 3 p.m.
- Blacksburg and Downtown Roanoke will remain closed through Stage Two.

### What to expect:

- Your temperature will be checked, and you will be asked screening questions upon entering the facility.
- You must follow the social distance guidelines marked throughout the facility:
  - 6 feet apart in common areas
  - 15 feet apart between cardio equipment and weight stack pieces
  - 20 feet apart between free weight pods and in cycle studios
- You must wear a face covering over your nose and mouth at all times, except while exercising.
- Face coverings will be worn by staff at all times.
- Members must be 15 years or older to enter the facility.

### What is available:

- Limited group exercise classes, all require reservation through the Carilion Wellness app.
  - Outdoor classes will continue at all three facilities, limited to 10 participants including instructor(s).
  - Water aerobics will be available at all three facilities, limited to 10 participants including instructor(s).
  - Cycle classes available on the track at Roanoke and Botetourt.
  - Body Pump classes in studios at Botetourt and Roanoke, and in the parking lot at Westlake.
- Limited cardio equipment in regular areas and some moved to open areas
  - Limited to 30-minute use.
  - Equipment should be sanitized before and after use.
- Limited free weights and pre-set up equipment (pin loaded/stacked).
  - Areas will be marked off with squares on the floor where members must stay inside while utilizing a particular bench and/or weights.

- Leave equipment after use or place in “used” bin for staff to sanitize.
- Functional training room at Roanoke with limited equipment.
- Indoor and outdoor pools open for lap swimming (one person per lane) and water aerobics classes.
  - Lap swimming is limited to 30 minutes, three times per week.
  - Space must be reserved through the Carilion Wellness app.
  - Showers at poolside for rinsing before/after.
- Pickleball allowed on courts at Westlake, singles only.
  - Reservations must be made through the Carilion Wellness app.
- Toilets and sinks (properly distanced) in locker rooms.
- Limited changing room and shower availability.
  - 3 changing rooms with showers at Roanoke located near indoor and outdoor pools.
  - 3 changing rooms with showers at Botetourt located near the indoor pool.
  - 3 changing rooms with showers at Westlake located near the indoor pool.

What is not available:

- Childcare
- Tracks at Roanoke and Botetourt
- Pickleball at Roanoke and Botetourt
- Whirlpools/steam rooms/sauna
- Racquetball
- Basketball
- Personal training
- Guests
- Various equipment may not be available due to ability to properly sanitize as well and social distancing purposes
- Towels, except for pool use.

Note for Westlake members regarding reservations:

- All equipment (cardio, weights, etc.), pickleball courts, and pool lanes must be reserved through the Carilion Wellness app before arriving at the facility. If you have not reserved equipment prior to your arrival, you will be able to use anything open (until the next reservation) on a first come, first served basis.