



Re-Opening Policies



The Lori M. Frank Fitness Center will Re-Open on June 1st. The conditions under which we will be operating are vastly different than those which existed earlier this year. Please take a moment to familiarize yourself with our new rules and policies before coming to the JCC.

General Rules:

- Hours: Monday-Thursday 6am-9pm; Friday 6am-5pm; Saturday 12-5pm; Sunday 9am-5pm
- To ensure members' health and safety, as well as enjoyment of our facilities, we will continue to review and update these guidelines regularly to remain in line with federal, state and local guidelines.
- The facility has the right to refuse service to anyone exhibiting symptoms or not following facility code of conduct.
- If you are sick, stay home. If you have a temperature of 100.4, stay home. If someone in your house is sick, stay home. If you have allergies and can't control sneezing, stay home.
- All members and staff are required to receive a temperature check and health screening before entering the building. Anyone with a temperature of 100.4 degrees or higher, or who is exhibiting other symptoms, will not be allowed in.
- Members and staff ONLY- no guest.
- You must wear a mask (face covering for your nose and mouth) when entering the building. Your nose and mouth must remain covered at all times.
- Social distancing, minimum of six feet, is required.
- Entrances and exits will be clearly labeled. Please follow these directions and signage around the facility.

Health & Fitness Rules

- The fitness center will be limited to 25% capacity, which is 10 people allowed in the fitness center at a time.
- Guest Passes are not valid for use at this time
- Members must enter using the Federation front doors and exit through the Fitness Center lobby door.
- Members should arrive 10 - 15 minutes early in order to receive a temperature check and health screening at the Federation front desk.
- Social Distancing of 6' is required at all times while working out
- Some equipment in fitness areas may be closed in order to enforce 6' of separation
- No water will be provided, and communal drinking fountains will be closed. Please bring your own water.
- Gym bags and other large personal items will not be allowed in the building. Members will need to come dressed ready to exercise. Small personal items such as water bottle, phone, keys, earphones, purse, jacket, and personal sweat towel will be allowed
- JCC sweat towels will not be available for member use at this time
- Locker Rooms will be closed. Bathrooms by the Federation front desk and Lecture Hall will be open for toilets and sinks for hand washing.
- Members must disinfect equipment before and after use.
- Fitness Center: Cardio equipment has been spaced out and half of our equipment will be closed each day and will rotate for use throughout the week. We also moved cardio equipment into the gym.
- Fitness Classes moved to gym: Muscular Endurance, Midweek Movement, Jukebox James, Core and Conditioning, TRX/Boot Camp, TRX. Fitness Classes in dance studio: Barre Belles and Tap n Tone.
- Individual Basketball (shooting hoops but *no team play*) will be allowed as part of a reservation. Must reserve time with the fitness desk at 918-495-1111.
- Pickleball indoor & outdoor court: Must reserve time with the fitness desk at 918-495-1111.
- Squash/Racquetball Courts: One on one play only
- Sports Complex: open during JCC hours.
- ALL classes at RHCC/Zarrow Pointe, including the indoor pool, are canceled till further notice.

Coronavirus/COVID-19 Warning and Disclaimer

Coronavirus/COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. **COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in JCC programs or accessing the facilities/equipment could increase the risk of contracting COVID-19.** The JCC in no way warrants that COVID-19 infection will not occur through participation in JCC programs or accessing JCC facilities

What are we doing:

- We are following CDC, Federal, State and local guidelines and recommendations:
- Our staff and members are required to wear masks (face coverings) at all times while in the building.
- All JFT staff are screened each day for COVID-19 symptoms, and temperature checks are required before they begin work each day.
- The cleaning agents used to sanitize our facility and equipment are EPA compliant to neutralize viruses, including COVID-19.
- The Fitness Center equipment will be cleaned after each use and the equipment will be rotated for use.