



## COVID-19 Protocols

Updated: Monday, April 12, 2021

### Open Facilities & Hours:

- Roanoke
  - Monday-Friday: 5 a.m. – 8 p.m.
  - Saturday-Sunday: 8 a.m. – 4 p.m.
- Botetourt
  - Monday-Friday: 5 a.m. – 8 p.m.
  - Saturday-Sunday: 8 a.m. – 4 p.m.
- Westlake
  - Monday-Friday: 5 a.m. – 8 p.m.
  - Saturday-Sunday: 8 a.m. – 2 p.m.
- CRC (Blacksburg)
  - Monday-Friday: 6:30 a.m. – 7:30 p.m.
  - Saturday-Sunday: 9 a.m. – 3 p.m.

### 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.
- You must wear a face covering over your nose and mouth while entering and exiting the facility, on the track and in the hallways while in transition to another exercise area.
- Face coverings will be worn by staff at all times.

### What is available:

- Group exercise classes
  - Require reservation through the Carilion Wellness app.
- Les Mills Virtual at Roanoke and 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 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.
- Pickleball allowed on courts at Westlake, singles only.

- Reservations can be made by calling the front desk at Westlake.
- Toilets and sinks (properly distanced) in locker rooms.
- Individual changing rooms and showers
  - 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.
  - 9 changing rooms with showers at Westlake located near the indoor pool.
- Locker room showers at Roanoke and Botetourt.
  - There are 4 showers available for reservation in the men's/women's locker rooms at Roanoke (back locker room) and 3 available at Botetourt.
  - We will be reserving 30-minute time slots for locker room showers. Each shower will be thoroughly cleaned after use.
  - Each time slot will include a shower stall as well as a pod in the locker room for changing.
  - Reservations can be made at the front desk or by phone.
  - Must be 15 or older to reserve a spot.
- Locker room showers at CRC (Blacksburg).
  - There are 3 showers in the men's locker room and 2 showers in the women's locker room.
  - The locker rooms and showers are cleaned and maintained by CRC staff 3 times a day.
  - No reservation is required.
- Cybex, Life Fitness and Freemotion will be in operation and properly distanced for members' safety.
- Personal Training
- Tracks at Botetourt and Roanoke for walking only in single file.
  - Members must wear a mask while walking on the track.
- Members are allowed to bring two guests per day,
  - Guest(s) can only visit once in a 30 day period.
  - Guest(s) must be 18 years or older and provide their driver's license upon arriving at the facility.
- Large towels in locker rooms.
- Childcare available by reservation at Roanoke, Botetourt and Westlake
  - Roanoke
    - Mon-Fri: 8am – 1pm
  - Botetourt
    - Mon-Fri: 8am – 1pm; 4pm – 7:30pm
  - Westlake
    - Mon, Wed, Fri, Sat: 8am – 11:15am
    - Tues, Thurs: 8am – 1pm
- Junior Wellness Program
  - Designed for ages 11-14 to pursue their own fitness goals after a completed orientation.
  - Gain additional access to machines, group exercise classes, etc.
  - Each location's amenities vary, some restrictions will still apply.
  - Orientation appointments can be made at Roanoke, Botetourt and Westlake.
- Outdoor Pools Open May 1 at Roanoke and Botetourt.
  - Reservations will be available for space on the pool deck.

What is not available:

- Pickleball at Roanoke and Botetourt
- Whirlpools/steam rooms/sauna
- Racquetball
- Basketball
- Various equipment may not be available due to ability to properly sanitize as well and social distancing purposes