

# WE'VE MISSED YOU.

On Monday, June 1, we will begin offering personal training.

Per the Edward-Elmhurst Safety Commitment, the following guidelines have been put in place with guidance from Restore Illinois and the Illinois Department of Public Health.



## Staff, client & class participant screening

- ✓ Screenings include a series of important questions to determine risk.
- ✓ Temperatures will be taken on anyone entering an Edward-Elmhurst Health site.



## Physical distancing

- ✓ Reminder signage is located throughout our sites.
- ✓ Appointment times have been spaced, and virtual registration minimizes exposure.



## Clean and disinfected facilities

- ✓ Facilities are deep-cleaned every evening.
- ✓ Equipment will be cleaned by staff before and after use.
- ✓ Group classes conducted outside (10 people max).
- ✓ Group classes will not share equipment (all equipment cleaned prior to class and after class).
- ✓ Bathrooms are thoroughly cleaned hourly.



## Personal protective equipment (PPE)

- ✓ All staff are provided with PPE as recommended by the Centers for Disease Control and Prevention.
- ✓ All clients will be required to wear face coverings over their nose and mouth while working out (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering).

The implementation and adherence to these guidelines provide the best protection for you and our staff as we move forward into Phase III of Restore Illinois Plan. If you have questions, please reach out to your Personal Trainer or Jen Alberto at Naperville [Jennifer.Alberto@eehealth.org](mailto:Jennifer.Alberto@eehealth.org) or Eric Bishop at Seven Bridges [Eric.Bishop@eehealth.org](mailto:Eric.Bishop@eehealth.org).

## Expectations of clients:

1. Schedule your time with your trainer.
2. Sessions will be booked in full 1-hour timeslots.
3. Come dressed for your session.
4. Please drive up to our front door (under the covered canopy) and stay in your car. A staff member will take your temperature with a temporal thermometer. Anyone with a temperature over 100.4 or experiencing other symptoms will be asked to leave. If you are cleared, you can park your car and either enter the facility (for 1-1 training) or meet your group at the designated spot in the parking lot.
5. You will be required to use hand sanitizer upon entering facility.
6. Do not bring any bags in the facility. You can use our cubbies for small personal items at your own risk.
7. You will be required to wear face coverings over your nose and mouth while working out, except when you are 10 feet from anyone or strenuously exerting yourself. Other exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering.
8. Arrive no later than 5 minutes before you scheduled session. You will be escorted to/from your session. You will need to leave the club immediately after your session.
9. Future personal training packages can be purchased through the Fitness Supervisors.

## Amenities temporarily discontinued:

- NO towels
- NO locker rooms & NO showers
- Bathrooms will be available on the Fitness Floor only
- NO water fountains/NO vending machines - please bring your own water