

MIAMIBEACH

Parks & Recreation Department Parks Fitness Center COVID-19 Rules

The following recommended action plan is based on recommendations from the CDC and Miami Dade County Interior Spaces – Wellness Group guidelines

Fitness Centers – Scott Rakow & North Shore Park Youth Center

- Hours of Operations: Monday-Friday 9:00 am– 1:00 pm & 6:15 pm – 8:00 pm
- Number of participants allowed in a facility:
 - SRYC: 10
 - NSPYC: 10
- Facility usage limited to:
 - Residents Only
 - Individual workouts – 45 minutes
- Front Office Interactions:
 - Fitness center booking to occur through online reservation system **only** (Rectrac)
 - Fitness Center Booking to take place at staggered times to limit interaction
 - Monday – Friday 9:00 / 10:00 / 11:00 / 12:00 / 6:15 / 7:15
- Facility Entrance and Exit
 - Fitness Center user to enter and exit facility through designated areas
 - Markers will be used to differentiate how to enter and exit
- Facility will have hand sanitizer on site available for fitness center users to use when entering and exiting the facility.
- Preparing to Exercise:
 - User will go through a screening process that will include a temperature check and screening questions.
 - A fever ≥ 100.4 °F (38°C), cough (any kind dry or productive), sore throat, shortness of breath or breathing difficulties, fatigue, chills, muscle pain, headache, or loss of taste or smell since your last shift?
 - Have you come into contact with anyone who has at least two of the symptoms listed above since your last shift?
 - Have you come into contact with anyone who has tested positive for COVID-19 since your last shift?
 - Disinfect hands before entering fitness center
 - Wear face covering entering the facility and before entering the fitness center
 - Bring your own equipment such as gloves (that are easily cleaned), towels, water bottles
- While Exercising
 - Users must use face mask while exercising per Miami Beach Emergency Order.
 - Users to appropriately disinfect/wipe down equipment before/after each use
 - Circuit training will not be permitted to avoid sharing of equipment
 - Cardio Machines will be marked for use
 - Strength training – Must keep a one machine distance while exercising
- After Exercising
 - Fitness Center users must disinfect hands, wear face covering and exit facility
 - No congregating after workout

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- Water fountains will not be available, users are encouraged to bring their own water bottle to fill at refillable stations