

Q&A  
During the COVID Pandemic  
Pierce Hall Community Fitness Center

**Please note:** Exposure to COVID-19 is an inherent risk in all public places. We cannot guarantee you will not be exposed during your visit to the Pierce Hall Community Fitness Center (FC).

**What hours will the FC be open? (Subject to change)**

- Tuesday and Thursday 5 am to 7 pm
- Saturday and Sunday 5 am to 5 pm
- (No individual member schedules as planned earlier)

**When are office hours?**

- Tuesday 12 pm to 1 pm - 5 pm to 6 pm
- Thursday 12 pm to 1 pm - 5 pm to 6 pm
- Sunday 11 am to 12 pm
- By appointment

**What is the contact information for the FC?**

- Email: [piercehallcommunitycenter@gmail.com](mailto:piercehallcommunitycenter@gmail.com)
- Phone: 802-767-5021
- Mail: PHCC, PO Box 86, Rochester, Vt 05767

**Could the FC close again?**

- Yes if...
- a local COVID outbreak in the valley
- the state requires fitness centers to close

**How will it look in the FC during the COVID times?**

- Gym equipment is now spread out between the gym and the dance studio
- Weights and weight cage available with more floor area to work out
- No yoga mats, exercise balls, resistant bands, etc available
- One restroom is open
- No water fountains
- No cubie spaces
- No personal belongs may be stored in the FC
- No towels provided

**How many people can use the FC at one time?**

- Two individuals or one household per room (gym or dance studio)
- If you enter the FC and the rooms are at capacity, please wait in the hallway

**How long can I be in the FC and workout?**

We do not limit your workout times; however, we hope you will be as efficient and as considerate as possible with your workout to accommodate members who may be waiting

**What should I bring to the FC?**

- Face mask
- Water/sports drinks in a container
- Towels
- Personal exercise equipment

### How is the FC making it safe for me to work out?

- Directional and educational signage throughout the FC
- Air exchange systems
- Distancing between equipment
- Extensive cleaning by members before and after workouts
- Daily cleaning by volunteer staff
- Weekly deep cleaning

### What is the state and Center for Disease Control (CDC) requiring for our FC during COVID?

- Each member and volunteer staff person must theoretically become “employees” of the FC by completing VOSHA and CDC cleaning training. **We all become “super” cleaners!!**
- Completed health survey, including taking your temperature upon entry
- Wash hands upon entering and exiting the FC
- Masks must be worn when not exercising
- Practice 6’ social distancing when possible
- There can only be 1 person per 200 sq feet
- Only 2 people (or one household) at a time per room
- Only 1 person (or one household) per FC office visit

### When can I take the FC cleaning training?

- During staffed office hours or by appointment

### Will there be cleaning, sanitizing supplies and equipment available for me to use? **YES!**

- gym wipes (gym equipment only)
- floor cleaner spray bottle and paper towels
- alcohol sanitizing wipes (door handles, walls, bathroom fixtures, etc)
- hand sanitizer
- hand soap
- extra face masks

### What is required each time I enter and exit the FC?

- Upon entry complete the Health Survey, including a temperature check
- Always wear a mask unless “aerobically” working out
- Practice 6’ social distancing when possible
- Upon exiting complete the Cleaning Checklist and
- Leave the Cleaning Checklist document in the envelope located by the exit door

### What steps will I need to take before I can begin using the FC?

- Current Member: Renew or reactivate your membership contract and reactivate your key fob
- New Member: Complete a new membership contract and receive a key fob
- Provide an online VOSHA training certificate
- Complete CDC COVID cleaning training at the FC

### When can I do the above?

- During office hours or by appointment

### Can I use the FC as a walk-in or a guest?

- No, everyone must be a member during COVID times