

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 for members using a key FOB ? (Subject to change)

- Tuesday and Thursday 5 am to 6 pm
 - Saturday and Sunday 5 am to 5 pm
- (Workouts to be completed by closing time)**

When are staffed office hours?

- Tuesday 5 pm to 6 pm
- Thursday 12 pm to 1 pm - 5 pm to 6 pm
- By appointment

What is the contact information for the FC?

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

Could the FC close again?

- Yes if...
- Our local municipality closes area businesses due to 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 hope you will be considerate with your workout to accommodate members who may be waiting to enter the room and/or to use the equipment you are using.

Workouts to be completed by closing time (Tues & Thurs 6 pm and Sat & Sun 5 pm)

What should I bring to the FC?

- Face mask (required by the state)
- 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 (face masks are still required however!)
- 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!!**
- Upon entry, completed health survey, including taking your temperature
- Wash or sanitize hands upon entering and exiting the FC
- Per state mandate: Masks must be worn at all times unless “aerobically” working out
- 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
- When you sign up and purchase your membership 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
- Per state mandate, must wear a mask unless “aerobically” working out
- Practice 6’ social distancing when possible
- Upon exiting complete the Cleaning Checklist **and**
- Leave the Health Survey/Cleaning Checklist document in the blue box 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 with the FC staff

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