

TRAIL POINT AQUATICS & WELLNESS, MEMBER GUIDELINES

As of July 28, 2020 and until further notice:

Please review the list below which details changes and what to expect at our facility:

- **Face coverings or masks are required for everyone ages 2+ to enter** Trail Point and while in common areas of the facility including in atrium, at check-in/out, in restrooms/locker rooms, and in hallways.
- **Face coverings or masks are recommended** while working out within the facility.
- **Trail Point employees will be required to wear masks** at all times in the facility.
- **Age Restrictions** will be implemented:
 - Members 13+ will be permitted in the facility without a parent/guardian.
 - Members 9-12 will be permitted in the facility with a parent/guardian at all times.
 - Members 8 and under will not be allowed inside the facility EXCEPT for *Family Swim Reservations are required and swim lessons.*
- **We are open for Members only.** No guests will be permitted at this time.
- **Pools will open on a reservation-only basis.**
- Social distancing guidelines will be upheld throughout all areas of the facility.
 - Floor markers will be used to indicate distancing and walking lanes.
 - Equipment has been strategically placed to adhere to social distancing guidelines, at least 6 feet apart.
 - Restrooms will be available. And while usage is not encouraged, alternate stalls will be available, if necessary.
- We will allow for 50% capacity (approximately 200 individuals) within the facility at a time.

GUIDELINES FOR USING THE FACILITY:

You are accountable for your health and well-being. We can all ensure a healthier facility by each individual doing their part to participate in the following pre-screening procedures:

- **Take your temperature.** Do you have a temperature of 100.4 or greater?
- **Do you have any symptoms** of a cold or flu, including cough, shortness of breath, fever, chills, and/or no sense of smell or taste?
- **Have you been exposed** to a presumed or confirmed positive case of COVID-19 within the past 14 days?
- **Have you traveled internationally** within the last 14 days?

If you answer YES to any of the above questions, we ask that you please stay home and continue to monitor your symptoms.

BEFORE ENTERING:

- **Put on a face-covering or mask.** DMACC and Trail Point will require that anyone entering a DMACC Campus or Center wear a mask while inside any of our buildings and in common areas. The only exception to this will be children ages 2 and under, and while working out (but socially distanced).
- **Arrive dressed to workout.** This will help reduce the amount of people and time spent in the locker rooms.
- **Bring your own filled water bottle.** Water fountains will be turned off.
- **Please do not bring in large bags, food, or any items** that would need to be stored in cubbies or lockers during your workout.

AFTER ARRIVAL:

- Upon entering, **please use the hand sanitizing station** located by the front entrance.
- Please **follow social distancing guidelines** as indicated by markings on the floor.
- Upon check-in, please limit your time at the front desk.
 - Simply scan your keycard and please wait for a Membership Representative to confirm that you've been properly checked-in before entering the facility.
- **If you have a question for a staff member, please do not congregate at the membership or fitness desk.** We recommend that you pick-up a printed FAQ on the near the exit of the facility or visit the [Trail Point FAQ Online](#).
 - If your question has not been answered, please email info@mytrailpoint.com.

DURING CHECK-IN on your first visit, you will be asked to select a payment method:

- **Trail Point Day Pass** (available June 15 – July 31) will be \$5 per person, per check-in, regardless of Membership type. A signature will be requested and required to agree to the terms of this billing arrangement.
- **Members who wish to reactivate their Membership** can do so by completing a waiver at the Membership desk. Members will begin a standard billing cycle/draft starting the 1st of every month. A pro-rated amount will be billed for the current month using the card currently on file or provided.
- **DMACC Students** enrolled and paying for six or more credits for summer or fall 2020 will continue to receive a FREE Membership to Trail Point, as long as they remain registered.
- **New Members** (joining June 15, 2020 or after) will begin a standard billing cycle/draft starting the 1st of every month. A pro-rated amount will be billed upfront for the current month. While portions of the facility are closed, new Members will continue to pay the standard rates listed on our [Memberships page](#). At this time, we are waiving our new member joiner's fee of \$50.

BEFORE YOUR WORKOUT:

- Wipe down equipment using the provided spray bottles, towels, and/or wipes.

DURING YOUR WORKOUT:

- If you choose to wear a mask while working out, monitor your breathing. Stop your workout if you begin to feel ill or dizzy.

AFTER YOUR WORKOUT:

- Wipe down equipment using the provided spray bottles, towels, and/or wipes.

CHECK-OUT PROCESS:

- Scan your keycard at the "check-out" scanner and please wait for a Membership Representative to confirm that you've been properly checked-out. We appreciate your patience in this new process so we can keep proper capacity counts.

AVAILABLE EQUIPMENT & SERVICES:

Because of some restrictions, we have modified our facility to accommodate for increased social distancing. Other areas will remain closed until further notice.

The following areas are **open and available** for usage, following social distancing guidelines:

- Group Fitness in the gyms and outdoors following social distancing guidelines including a maximum of 13 participants (for indoor classes) who remain at least 6 feet away from one another.

- Both Pools are open for lap swim and family swim by reservation only. Reservations can be made up to 48 Hours in advance using our [online reservations system](#) or the Trail Point app. Reservations limited to one person (per reservation) for 30- 60 minutes at a time.
- Kids Zone (see hours on website)
- Personal/Team Training
- Private Swim Lessons
- Locker rooms will be open however showers will remain closed.
- Restrooms will be available in the first floor locker rooms. While usage is not encouraged, alternate stalls will be available, if necessary. Please wash your hands with soap and water for at least 20 seconds before exiting.
- Track, provided social distancing is possible
- Free Weights
- Racquetball Courts (no equipment available)
- Weight Training Machines
- Cardio Machines
- Hand Towel Service
- 2nd Floor Equipment: Dynamic Equipment, Mats, Foam Rollers, and Stretching Table
- 2nd Floor Restrooms

The following areas/equipment remain closed due to current restrictions:

- Open Gym
- Racquetball equipment
- Volleyball Courts and all equipment rentals
- Wallyball Courts and all equipment rentals
- Pickleball Courts and all equipment rentals
- Basketball Courts and all equipment rentals
- Showers
- Large lockers
- Water Fountains
- Hand dryers
- Lost & Found
- Commons areas and associated equipment rentals: lobby, family waiting area, kids waiting area, ping-pong, and foosball.

OTHER SERVICES:

- **Programs** will resume when particular restrictions have been lifted and our teams are confident in providing activities in a safe and effective manner.

COVID-19, POSITIVE CASE PROTOCOL:

In the event that a positive case of COVID-19 has been identified within Trail Point: Members who are considered to be "at-risk" or have been identified through contract tracing will be notified.

The impacted area may be closed for cleaning. This may include the entire building. Estimated time to re-open area/facility will be communicated as we are able.

NEW MEMBERSHIPS:

We will gladly welcome new members to Trail Point during this time! At this time, we are waiving our new member joiner's fee of \$50. New members can [sign-up online](#) to begin a standard billing cycle/draft starting the 1st of every month. A pro-rated amount will be billed upfront for the current month and a credit/debit card is required.

While portions of the facility are closed, new members will continue to pay the standard rates listed on our [memberships page](#).

PRECAUTIONS:

The Iowa Department of Public Health (IDPH) also recommends the following:

- Any Iowan who is over 65 or who is at higher risk for more serious COVID-19 related illness should continue to stay home as much as possible to protect your health. If you do need to leave your home it's important to practice good social distancing by staying at least 6 feet away from others and/or wearing a face covering or mask.
- Anyone regardless of age, who has been in close contact with someone who has a confirmed positive case should continue to self-isolate for 14 days.

COMMUNICATION:

We appreciate your continued support and we work to ensure the safety of our members and employees. We will continue to update [mytrailpoint.com](#), our [Facebook Page](#), and on this page. If you have not been receiving emails from us, please [update your profile](#) within our system.