



### **Campus Recreation COVID-19 Facilities Responses**

In order to minimize the risks associated with COVID-19 to the McKendree University community, the Campus Activities Office/Campus Recreation is adhering to [CDC guidelines](#) in addition to Phase-4 directions from the [State of Illinois Department of Public Health](#).

1. **Wear a mask over mouth and nose when not exercising.**  
This is the current state of Illinois and McKendree University Campus Policy.
2. **Sanitize before entry**  
Please visit the locker room and wash your hands for at least 20 seconds with soap and water or use hand sanitizer prior to entry.
3. **Self-check**  
Do you have any [symptoms associated with COVID-19](#), like temperature or cough? If so, please only visit after you are symptom-free for at least 14 days.
4. **Socially distance**  
Maintain at least 6 feet distance between you & others. Note that some equipment may not be available to allow for social distancing.
5. **Disinfect Equipment**  
Use the provided cleaning tools to disinfect equipment BEFORE & AFTER use. Wait at least 20 seconds before using any equipment.  
Spray bottles and towels are available or use. Please see facility attendant for questions. (Note attendants have limited daily availability)

### **Additional Fitness Center updates added to comply with the Phase 4 restrictions:**

- **Current Facility Hours:**
  - **Sundays: 11am-7pm**
  - **Monday – Friday: 6am-10pm**
  - **Saturdays: 9am-7pm**
- Is your ID Card approved for entry? Have you completed the Fitness Center Liability Waiver? If not...
  - Visit: [www.mckendree.edu/intramurals](http://www.mckendree.edu/intramurals) and click on the link!
  - Always bring your ID Card for entry
- Some of our cardio and strength equipment will be temporarily decommissioned to accommodate required social distancing.
- Capacity limits for the Fitness Center are posted outside the Fitness Center doors. We ask that you do not enter the Fitness Center if the capacity limit has been reached. Please check with the staff member at the desk for information. (We are currently working on hosting Fitness Center capacity numbers online and a digital sign near the entrance to the building.
- Towels will not be available. Patrons should bring their own
- Some equipment like bands, jump ropes, etc., may not be available or in limited capacity. Patrons are asked to bring their own.
- Face masks must be worn over the nose and mouth when not exercising. We may have a limited supply of masks available if you forget yours.

**Please visit [www.mckendree.edu/intramurals](http://www.mckendree.edu/intramurals) for additional Fitness Center policies.**