

# Returning to the REC!



Nicholls State University



## Daily entry into the Rec Center:

- MASKS are REQUIRED to be worn AT ALL TIMES when using the Rec Center. This includes when you are actively working out as well as moving around the facility.
- Health Screenings will be required upon entering.
- A hand sanitizing station will be available outside before entering.
- 25 percent occupancy limits will be enforced in the workout areas.
- If you require office assistance, please utilize the Entrance/Exit Only doors.
- No guest passes will be sold until further notice.



## Safety Guidelines While in the Rec Center:

- Face Coverings:
  - Masks will be worn into the building and in all common areas such as hallways, stairs, restrooms and around others.
  - When actively working out, masks must be worn.
  - When moving from one exercise station to another, mask must be worn.
- In the strength room, spotters will not be allowed until further notice. Please plan your workout accordingly.
- A workout towel is required. Until further notice, members and students must bring their own workout towel.
- Follow all directional signage for Entrance Only/Exit Only to help provide safe movement through the facility.
- There will be NO locker room access or showers available until further notice.
- Students and members will swipe your own Colonel Card at the Access Desk. Staff will assist as needed.
- Be prepared to make a brief stop at an Exit desk before leaving the facility.
- You are encouraged to use the bottle refill fountains or use the vending machine for bottled water.
- The walking/jogging track will be open. 6 ft distancing is required unless walking with an immediate family member/spouse/partner.
- One person will be allowed in the racquetball court.
- There will be no contact sports allowed until further notice. Individual sport activities will be provided in the gym.
- One person allowed in the elevator unless with a family member.
- In the Cardio Room, every other piece of equipment will be available for use.
- Handwashing - Wash hands frequently for 20 seconds. Use hand sanitizer if unable to wash hands.
- Distancing - Maintain at least 6ft distance between each other.



## Hours of Operation (until further notice)

M - F - 6 a.m. to 9 p.m. • Sat - 8 a.m. to 6:30 p.m. • Sun - Noon to 9p



## Sanitizing and Disinfecting

- Everyone is expected to use disinfectant wipes on all equipment BEFORE and AFTER use.
- Enhanced cleaning and disinfecting routines will be in place for all restrooms, high traffic areas, equipment and touch points.
- Hand sanitizer/disinfectant wipe stations are available throughout the facility and in all workout areas.
- Every 2 hrs all equipment will be disinfected by Rec Center staff. We do not mean to disrupt your workout but please be patient as staff moves through the areas to disinfect for your health and safety.



## Important Info:

- Students currently enrolled in summer 2020 classes and paid the Rec fees have access to the Rec Center.
- If you are not enrolled in classes this summer, but have fall 2020 classes registered, you are eligible to purchase a Summer Bridge membership.
- Nicholls On-line Degree students, please contact the Office for details about how to start a membership.
- Contact the Rec Center Office at 985-493-2742 with questions and membership details.