

GYM REOPENING

Snowden Overlook Residents:

We are pleased to announce that our gym will reopen for resident use starting Thursday, July 15.

While the pandemic is not over, relevant numbers are down encouragingly, both nationally and, especially, locally. Still, it is our judgment that some caution remains prudent. As a result, the gym will open with what we hope are temporary additional restrictions that were not in place prior to the pandemic. These requirements include:

- Capacity. No more than 5 residents may be in the gym at once, with time limits when any residents are waiting to use the gym.
- Distancing. Residents must maintain roughly a 6 foot distance from other users. This is especially important when exercise entails heavy breathing, as on cardio equipment such as treadmills, elliptical trainers, and stationary bikes. On that equipment, in particular, users may not use a machine that is adjacent to another in use.
- Masking. All residents who are not fully vaccinated, or who are otherwise especially vulnerable to infection by SARS-CoV-2 virus, are required to wear masks while in the gym.
- Signing in and out. This will assist the Gym Committee in assessing compliance with these requirements and in making recommendations to the board. Video recordings of activity may also be used.

See more detailed temporary additional rules below. These will be reconsidered as experience is gained and circumstances change.

Finally, the gym door to the clubhouse will be reprogrammed to open for users from 6 AM to 11 PM. We look forward to seeing you at the gym.

SOCA Board

TEMPORARY ADDITIONAL GYM RULES:

Hours: 6 AM to 11 PM, every day.

Residents only. No guests, no personal trainers, no children.

Maximum persons in gym at once: 5

First-come, first admitted.

Complete sign-in and sign-out form in gym.

If 5 users are in gym when you arrive, open door and announce that you are waiting. Wait elsewhere.

Once a waiting user has announced their presence, current users must depart when they have been there for one hour since their own arrival. Compliance will be assessed via video recording of gym.

When possible, stay at least 6 feet away from other gym users, especially when breathing heavily. In particular, this means that users may not use treadmills, ellipticals or stationary bicycles that are adjacent to another piece of cardio equipment already in use.

Wearing of masks by users is welcome.

If you are not fully vaccinated against the virus that causes COVID-19, or if you are otherwise especially vulnerable to infection, use of a mask over nose and mouth is required while in the gym.

Use sanitizing wipes on touched surfaces of each piece of gym equipment before and immediately after use. Wash hands regularly.

Earlier, permanent gym and clubhouse rules that do not conflict with these are also to be followed, including the requirement to sign the SOCA liability waiver and wear a wristband indicating that you have done so.

Do not use the gym if you have symptoms such as fever, sore throat, cough or runny nose.

Report rule infractions to office.

(Effective 7/15/2021)
