

## **Guidelines for FUMCT Recreation Programs Revised July 2020**

We ask all persons (staff, church members, and guests) to wear a mask as you enter our building. We will screen you with a temperature check as you **sign in** at the Church Activity Center registration table for classes, practices, and games. Please **sign in** outside the main church office before you walk on the CAC track. Masks should be worn when entering and exiting the CAC, talking to participants and players, having team meetings, watching practices and games, and sitting on the bench. Masks may be removed during exercise classes and active playing time on the court and while walking on the track.

We ask that you **wash or sanitize your hands before and after** you participate in fitness classes or practices or walk on the track.

**Our showers and water fountains are not available for use at this time as required by the Alabama Department of Public Health for Athletic Facilities.**

**Please do not bring any food items or drinks other than water.**

We ask that you social distance at least 6 feet during the classes, when on the track, and whenever possible during practices and games.

**Please bring your own exercise mat, basketball, sports equipment and water bottle.** After each fitness class, the hand-weights, body bars, tubing, and stability balls will be disinfected. The room will be sanitized after practices and games.

**The Body & Soul Fitness Room (weight room on 2<sup>nd</sup> floor) is now closed for our church members and the public until further notice. Only staff following the guidelines of social distancing, using their own mats, bringing in only water, and disinfecting all equipment they use will be allowed in that room to workout.**

We established these guidelines to protect everyone's health and well-being. God Bless you all!