

Tice Creek Fitness Center

Reopening Rules



**** For full information about our reopening plans and rules and how to make reservations online, using our App, or by phone, go to www.ticefitnesscenter.com and click on the links on the homepage.**

DO NOT ENTER THE FACILITY IF

- You have had a temperature of 100.4 or greater within the last 48 hours.
- You have returned from out of the country travel within the last 14 days.
- You have a cough, shortness of breath, or any other symptoms typical of COVID-19.
- You have had contact with a person known to be infected with COVID-19 in the past 14 days or any other possible exposure to Covid-19.

RECOMMENDATION

- Any person with a compromised immune system or chronic disease should exercise extra caution regarding the decision to use the fitness center. Consult with your physician for appropriate guidance.

SAFETY

- Face masks are required at all times while not actively working out
- Residents must bring their own face covering. We will not have these available to hand out if you forgot one.
- Maintain a minimum of 6' physical distancing at all time.
- Use hand sanitizer stations, equipment wipes, and wash hands often.
- Must bring your own water or water bottle. Drinking fountains will be closed, but water bottle filler will be available.

HOURS OF OPERATION and CAPACITY

- Start of day opening times and end of day closing times will be normal, however,
- Each 90 minute time block throughout the day will consist of a 75 minute general use session, followed by a 15 minute block where the facility will close for cleaning and disinfecting.

Example:

6:00 AM - 7:15 AM:	Open, reservation only
7:15 AM - 7:30 AM:	Closed for cleaning
7:30 AM - 8:45 AM:	Open, reservation only
8:45 AM - 9:00 AM:	Closed for cleaning

- **Contra Costa County's Red Tier allows for 10% capacity per area.**
- **General use, fitness floor reservation capacity is 10 people maximum.**
- Residents must wait outside the main doors until the fitness center staff permits entry.
- To avoid group gatherings, please wait in your car until the time of your reservation.
- We encourage residents to be on time for their reservation for efficient check-in processes.
- Residents must exit the facility no later than the time their reservation ends.

RESERVATION RULES

- All general use of the fitness center is by reservation only.
- No walk-ins.
- Reservations restricted to no more than **2x/week, 1x/day, up to 14 days in advance.**
- Reservations open up daily on a rolling schedule. Each day at 7am another day opens up that is 14 days from the current date.
- Reservations can be made for any day within the 14 day range if there are openings.
- **Each week of reservations starts on Mondays and ends on Sundays**, so residents are allowed 2 maximum general use reservations each week from Mon. - Sun.
- No guests permitted at this time.
- Care providers are allowed (care providers do not need to reserve a spot, must wear mask, and must follow 6' physical distancing guidelines)
- Residents living in the same household can not share a reservation slot.

MAKING RESERVATIONS

- **RESIDENTS CAN BEGIN MAKING RESERVATIONS STARTING @ 7AM ON FRIDAY, OCT. 2ND. (Fitness Center reopens on Monday, Oct. 5th)**
- Reservation can be made online by following the Mindbody link at www.ticefitnesscenter.com or www.rossmoor.com, or using the Tice Creek Fitness Center APP.
- Click on “Mindbody” at the top of the Tice Fitness Center home page for information about how to connect to your reservation account, make reservations online, and download and make reservations using the Tice Fitness App.
- Fitness center reservations over the phone: 925-988-7850
- Phone reservations hours:
 - 7 days per week, starting at 7am until the gym closes
 - Phone reservations not available when fitness center is closed
 - We expect heavy call volume. You may need to call multiple times. We highly encourage online and app reservations for the most efficient and effective way to reserve and cancel your reservations.
 - *Staff will most likely not be available to answer phones during the 15 time slots when the club is closed for cleaning and when checking each new group in.*

RESERVATION CANCELLATIONS

Due to restricted capacity and high demand it is vital that all residents cancel reservations a minimum of 2 hours in advance if you are not able to attend a reserved time. This opens the time slot for other residents.

Cancellation Options

- Online or App - log into your Mindbody account at any time to cancel reservations
- Call the Fitness Desk (925-988-7850) during all operating hours.

We will have a strict cancellation policy. Failure to cancel reservations in advance will result in a loss of reservation privileges for a period of time.