

LINDENWOOD UNIVERSITY

# CAMPUS RECREATION

## Evans Commons Recreation Center Fall 2020 Procedures

Hello Lions! Campus Recreation is excited to welcome you back to the Evans Commons Recreation Center. We have spent the past weeks developing a re-opening plan with the PPT Committee to provide a healthy and safe environment for the Lindenwood community. We recognize the importance of recreation and fitness and its effects on your overall health and well-being. With that in mind we are counting on YOU to read, understand, and practice the changes and new policies below. WELCOME BACK LIONS!!!

### GENERAL INFORMATION

- The Rec Center will be open by reservation only for (1) hour time blocks. Time blocks will be staggered by 30 minutes to allow for cleaning in-between time blocks.
  - Example: 7:00 AM-8:00 AM, 8:30 AM-9:30 AM, etc.
- Reservations will occur through the IM Leagues website or app. You can use this link to get to the website: <https://www.imleagues.com/lindenwood/registration> . If you are a new user you will need to create an account. Once you create an account you can follow the steps provided in the “How to Make a Reservation” section of this document.
- You are only allowed to make a reservation once per day. Additionally, you can only make reservations (1) week at a time.
- Operating Hours:
  - Monday – Friday 7:00 A.M. – 6:30 P.M.
  - Saturday – Sunday 10:00 A.M. – 3:30 P.M.
- Weekend Hours are Walk-In only until we reach capacity. No reservations required.
- The Rec Center will be capped at 10 users per hour. You may notice at times that our courts are being utilized by more than 10 people. This is because we are still accommodating academic classes and athletic practices when applicable.
- Face coverings will be required to enter the facility, navigating the facility (i.e. changing machines, refilling water bottle, etc.), and exiting the facility. The face covering may be removed while working out, but must be worn as soon as the workout is completed. Please make sure to properly wear your face covering. This will be strictly enforced and violations could result in immediate loss of access to the Campus Recreation Center for the rest of the semester.
- Group Exercise Studio, and X-Fit Room will be closed until further notice.
- Locker rooms will be available for restrooms only. Locker and shower areas are closed.
- Water fountains are closed. Bottle re-fill station located by locker rooms will remain open.
- Please adhere to all posted signage in the Rec Center.

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## **Entry/Exit and Check-In**

- All users will enter through the front doors of the Rec Center.
- The (10) users with reservations will stage in the entry foyer and stairs outside of the Rec Center front doors. Locations will be marked with an X or LU Lion floor decal.
- Users will receive temperature screening by employee upon entry.
- Users with a temperature at or above 100.4 will be refused entry and will be directed to return to their residence and contact the Student Health Center or Lindenwood HR.
- Please only bring essential items to the Rec Center.
  - Phone, Wallet/Purse, Keys, Water Bottle, Headphones.
  - Storage containers will be available for guests to place items. These will be disinfected after each time block.
- All users will exit through the North Emergency Exit Stairwell in Rec Center.

## **Fitness Area**

- Large fitness equipment has been moved or disabled to promote distancing where applicable.
- Smaller pieces of equipment and harder to clean items have been removed from the fitness area.
- Users will be encouraged to leave all equipment on the ground in a marked area after use so staff can easily identify equipment that needs to be sanitized.
- Users will be required to wipe down equipment after each use.
- No spotting is permitted during this time.
- Staff will be roaming on a continuous basis to sanitize equipment and enforce current policies.

## **Court Information**

- Basketball courts will be open for use but a reservation is required.
- Face covering will be required at all times while utilizing the courts.
- The Multi-Purpose court has been changed to a fitness space with various pieces of cardio equipment.
- (2) Users will be allowed on a basketball court at one time. Each getting a half-court to themselves. No 1-on-1 play allowed at this time.
- Most court benches have been closed. Some court benches are open and have designated seating areas and places to store belongings. Please do not store items in cubbies below the benches.



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3. Select the class you want to register for and you will be taken to this screen

**General Workout**

[Open](#)

**Registration**  
Aug 12<sup>th</sup> '20 at 12:00PM Until Aug 23<sup>rd</sup> '20 at 7:00PM

**Monday, August 24, 2020**  
7:00AM Until 8:00AM (1Hours)

**Participants:**  
0 of 10

**Evans Commons**

**Description**  
You must register for a class in order to workout in the Evans Commons Rec Center. You may only register for one class a day.

[Sign Up](#)

4. Click on “Sign up” and you will then be taken to this screen

**Waiver**

Please ensure you scroll through and read the entire Publisher Service Agreement in the window below and click 'Accept' in order to agree to the terms of the Agreement and continue with the application.

I am aware that participating in intramurals or other recreational athletic activities involves several inherent risks of physical injury, and I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me as a result in participating in the intramural or recreational activity, including injuries sustained as a result of the negligence and/or future negligence, unless specifically exempted herein, of Lindenwood University, its duly authorized agents, servants and employees. In

By checking this box I indicate I have read, understand, acknowledge and accept the above Waiver/Agreement.

**Session**

Please Enter Student ID

Send Session Reminders

0 Day Of Session

[Sign Up](#) [Cancel](#)

5. Once you are at this screen agree to the waiver, enter your ID number (for faculty/staff just use the number on your LU ID), and then select if you would like a session reminder.