



Reopening Plan – Updates Highlighted in Yellow

Updated: Monday, December 7, 2020

Open Facilities & Hours:

- Roanoke
 - Monday-Friday: 5 a.m. – 8 p.m.
 - Saturday-Sunday: 8 a.m. – 4 p.m.
- Botetourt
 - Monday-Friday: 5 a.m. – 8 p.m.
 - Saturday-Sunday: 8 a.m. – 4 p.m.
- Westlake
 - Monday-Friday: 5 a.m. – 8 p.m.
 - Saturday-Sunday: 8 a.m. – 2 p.m.
- CRC (Blacksburg) – reopening on Monday, Nov. 9
 - Monday-Friday: 6:30 a.m. – 7:30 p.m.
 - Saturday-Sunday: 9 a.m. – 3 p.m.

What to expect:

- Your temperature will be checked, and you will be asked screening questions upon entering the facility.
- You must follow the social distance guidelines marked throughout the facility:
- You must wear a face covering over your nose and mouth while entering and exiting the facility, on the track and in the hallways while in transition to another exercise area.
- Face coverings will be worn by staff at all times.
- Members must be 15 years or older to enter the facility.

What is available:

- Limited group exercise classes, all require reservation through the Carilion Wellness app.
- Limited cardio equipment in regular areas and some moved to open areas
 - Limited to 30-minute use.
 - Equipment should be sanitized before and after use.
- Limited free weights and pre-set up equipment (pin loaded/stacked).
 - Areas will be marked off with squares on the floor where members must stay inside while utilizing a particular bench and/or weights.
 - Leave equipment after use or place in “used” bin for staff to sanitize.
- Functional training room at Roanoke with limited equipment.
- Indoor pools open for lap swimming (one person per lane) and water aerobics classes.
 - Lap swimming is limited to 30 minutes, three times per week.
 - Space must be reserved through the Carilion Wellness app.
- Pickleball allowed on courts at Westlake, singles only.

- Reservations can be made by calling the front desk at Westlake.
- Toilets and sinks (properly distanced) in locker rooms.
- Limited changing room and shower availability.
 - 3 changing rooms with showers at Roanoke located near indoor and outdoor pools.
 - 3 changing rooms with showers at Botetourt located near the indoor pool.
 - 9 changing rooms with showers at Westlake located near the indoor pool.
- Locker room showers will be available at Roanoke and Botetourt.
 - There are 4 showers available for reservation in the men's/women's locker rooms at Roanoke (back locker room) and 3 available at Botetourt.
 - We will be reserving 30-minute time slots for locker room showers. Each shower will be thoroughly cleaned after use.
 - Each time slot will include a shower stall as well as a pod in the locker room for changing.
 - Reservations can be made at the front desk or by phone.
 - Must be 15 or older to reserve a spot.
- Cybex, Life Fitness and Freemotion will be in operation and properly distanced for members' safety.
- Personal Training is now available.
- **Tracks at Botetourt and Roanoke are available for walking only in single file.** Members must wear a mask while walking on the track.
- Members are allowed to bring two guests per day,
 - Guest(s) can only visit once in a 30 day period.
 - Guest(s) must be 21 years or older and provide their driver's license upon arriving at the facility.
- Large towels available in locker rooms.

What is not available:

- Childcare
- Pickleball at Roanoke and Botetourt
- Whirlpools/steam rooms/sauna
- Racquetball
- Basketball
- Various equipment may not be available due to ability to properly sanitize as well and social distancing purposes