

Dover Indoor Pool– Hydrofitness

Hydrofitness classes will resume on **Wednesday September 9, 2020**. In order to resume classes following state and local guidelines, many changes needed to be made to assure the health and safety of our patrons. Please read through this entire packet for all of our new procedures. We appreciate your cooperation during this time and are so excited to welcome you back!

***Hydrofitness classes will be held Monday, Wednesday and Friday. Doors will open at 8:55am and class will end at 10am. Participants are encouraged to come in their bathing suits to limit locker room use.*

New Hydrofitness Procedures

1. Class will be limited to **12 participants** to maintain social distancing.
2. Please only sign up for **2 classes per week**. While numbers are limited, we want to give anyone who wishes to return the opportunity to get a spot.
3. **Reservations will have to be made using SignUpGenius**, the link will be available on our website when the lap swim reservations go up.
4. Please maintain **10 ft distance** from others while exercising.
5. Only sanitation friendly equipment will be provided. Please feel free to bring your own equipment.
6. Masks must be worn until the instructor tells you to take them off. You will **not** have to wear one while exercising.
7. All other facility procedures apply and can be found on the back of this page.

Health Warning (COVID-19)

The City of Dover's top priority is the health and safety of our patrons, so please keep in mind the following:

- Risk of exposure to COVID-19 is still present
- For the safety of our staff and other patrons, please stay home if you are feeling ill, or experiencing any symptoms of COVID-19 (cough, fever, severe fatigue) and use our facility when you are feeling better.
 - Patrons must take responsibility for their own protection (masks, hand washing, etc.)
- Please maintain social distancing practices and remain 6 feet away from patrons that are not in your household

NEW POOL RULES:

1. No congregating at any time.
2. Patrons must maintain 6 feet distance from others at all times.
3. Masks or cloth face coverings should be worn when entering and exiting the facility, in the lobby, locker rooms, and the pool deck until you are ready enter the pool.
4. Only those coming for class will be allowed into the facility. There will be no observers.
5. Patrons will only be allowed to enter the facility at the exact time of the class and must leave no later than **15 minutes** after their swim block has ended.
6. Patrons that cannot follow these guidelines will not be allowed to use the facility.

What should I expect at the pool?

- Upon arrival to the pool please wait outside, practicing social distancing, until 8:55am when doors will open. A staff member will open the door as the front door will remain locked. Staff will always be at the front desk to let you in if you are running late. We encourage patrons to come in their bathing suits to maximize class time.
- Patrons are asked to wear a mask or cloth face covering in the lobby, locker rooms, and the pool deck until you are ready enter the pool.
- Hand sanitizer will be placed outside of the locker rooms, patrons are encouraged to use it
- All locker doors and shower curtains will be closed upon arrival, please leave your locker door and shower curtain open when you leave to allow for thorough cleaning.
- Lifeguard stands will have a 6 foot box taped around them, this allows the lifeguards to remove their masks. Please do not approach the lifeguard, or step inside 6 foot box unless there is an emergency.
- For thorough cleaning of the facility to take place, please exit the building no more than 15 minutes after class has ended.

ADDITIONAL INFORMATION:

In order for the pool to limit group gatherings and maintain social distancing, the pool will not be offering the following programs until further notice:

- Walk-ins
- Group or Private lessons