



JCC MEN'S & WOMEN'S HEALTH CLUB & LOCKER ROOM PROTOCOLS

Below is a list of mandatory protocols:

1. Members are required to make a reservation to use the Mens and Womens Health Club (Reservations are not required for the regular locker rooms). **Each reservation slot is for a 1.5 hours timeframe.** Health Club Members are not permitted to reserve consecutive/back to back reservations.

To make a health Club reservation:

- **Mens Health Club:** <https://www.signupgenius.com/go/70A044CAFAA2EA7F58-jcc6>
- **Womens Health Club:** <https://www.signupgenius.com/go/70A044CAFAA2EA7F58-jcc7>
- Visit <https://scrantonjcc.org>
- Call JCC Front Desk at 570-346-6595
- There is a maximum capacity of four (4) members permitted in the health clubs at one time. There is a maximum capacity of (2) members permitted in regular locker rooms at one time.

If you plan on using the Health Club as well as the fitness center, pool, or take a group exercise class, a Health Club reservation must be made to correspond with your other activity reservation(s).

- **To make a Fitness Center Reservation:**
<https://www.signupgenius.com/go/70a044cafaa2ea7f58-jcc>
- **To make a Pool Reservation:**
<https://www.signupgenius.com/go/70a044cafaa2ea7f58-jcc1>
- **To make an In Person Exercise Class Reservation:**
<https://www.signupgenius.com/go/70a044cafaa2ea7f58-jcc4>

2. Mens and Womens Health Club Hours:
 - Monday - Thursday 5:30am-10:00am | 12:00pm- 7:45pm
 - Friday: 5:30am – 10:00am| 11:00am-5:45pm
 - Sunday: 7:30am – 1:45pm

The Health Clubs will be closed to members so our staff can deep clean and disinfect from 10:00am-12:00pm on weekdays, 10:00am-1:00pm on Fridays and 12:30pm on Sundays.

Regular locker rooms will be available throughout the day and will be briefly closed for disinfecting on a regular basis. A reminder that the family change room is available for the times the regular locker rooms may be closed for cleaning, sanitizing and disinfecting.

3. All members will be required to sign an “Acknowledgment of Risk” Form as it relates to COVID-19, and follow all building entry and exit protocols required by the JCC.
4. All members using either health clubs or locker rooms will be required to sign a “MEMBER CODE” Form as it relates to the responsibilities required for use these facilities.

5. After health club members punch in the code to enter the health club, **please sanitize your hands** at the posted station **immediately after entry** into the health club.
6. Every member should practice social distancing while in the health clubs and locker rooms. Maintain a distance of six feet apart from others at **ALL TIMES**.
7. **MASKS ARE REQUIRED** to be worn when in the health clubs & locker rooms. They may be removed when using the showers, whirlpool, steam room, and sauna. Please place your mask in your bag or in a garbage receptacle immediately after its removal.
8. Gym bags may be placed in lockers, please do not place them on the floor, benches, countertops or on top of lockers.
9. Towels will be available for use for health club members. When finished members **MUST** place the used towel in the appropriate bin. **DO NOT LEAVE TOWELS ON THE HEALTH CLUB FLOORS**.
10. Toiletries such as shaving cream, hair gel, hair spray, etc. **will NOT be available for use**. Members must bring their own.
11. There is a **MAXIMUM CAPACITY OF 1 PERSON** at a time in the sauna, steam room, and whirlpool, respectively.
12. Shower area will have a **MAXIMUM CAPACITY OF 2 PEOPLE** at a time. Do not use a shower that is right next to another member. Maintain six feet of distance in the shower area. **Please SPRAY DOWN your shower area with disinfectant before and after use.**
13. **Members ARE REQUIRED to wipe down and disinfect all health club high touch areas before and after use. Disinfectant spray and wipes are provided.** This includes, but is not limited to the following:
 - **INSIDE AND OUTSIDE OF YOUR LOCKER**
 - **SHOWER & SINK HANDLES YOU USE**
 - **SPRAY DOWN SHOWER AFTER USE**
 - **SOAP TRAYS**
 - **COUNTERTOPS WHERE YOU PLACE YOUR PERSONAL ITEMS**
 - **DOOR HANDLES, KNOBS, RAILINGS, KEYPADS, SWITCHES, BENCHES OF THE WHIRLPOOL, STEAM ROOM & SAUNA.**
 - **SEATS & BENCHES**
 - **REMOTE CONTROL FOR TELEVISION**
14. Massages are not available at this time.