

**JAMES CITY COUNTY PARKS & RECREATION DEPARTMENT**  
**James City County Recreation Center and**  
**Abram Frink Jr. Community Center**  
**Covid-19 Operating Plan.**  
**Updated September 25, 2020**

**James City County Recreation Center**

**General:**

- The James City County Recreation Center has resumed normal operating hours.
- All incoming patrons will be screened for COVID-19 symptoms before admission to the facility by an assessment quiz and a temperature check. Anyone experiencing symptoms or with a temperature over 100.4° F will not be permitted in the facility.
- Facility occupancy has been reduced to maintain a minimum of 10 feet of physical distance between all patrons. All machines and equipment have been realigned to comply with 10-foot distancing guidelines.
- All staff are required to wear masks, except when alone in their office.
- Patrons will be required to wear a face covering to enter the building and at all times except while exercising. Patrons must bring their own face coverings.
- Signs are posted that ask patrons to check in one at a time, while maintaining a minimum 10-foot distance from other patrons.

**Front Desk/Lobby:**

- Loaner locks for patrons will not be available.
- Lobby seating will be limited.

**Locker Rooms:**

- Locker room doors will be propped open to reduce the number of touch points.
- Four (4) showers and four (4) changing benches will be available in the men's and women's locker rooms.
- One (1) shower/changing room will be available in the family locker room.
- Face coverings are required when not in the shower.
- Saunas and lockers remain closed in Phase III.
- Patrons should only bring essential items that can be kept with them while in the building.

**Aquatics:**

- The pool will be open for lap swimming, water walking and family swimming by reservation only. No swim lessons will be available. Family swim will allow for up to three (3) families per hour. 10 feet of distance must be maintained between families in the zero-depth area of the pool.

- Each patron will be permitted a maximum of one 45-minute reservation per day in advance. Advance reservations can be made at the Front Desk or online through SignUpGenius. If slots are open, patrons may make additional in-person, same-day reservations while they are in the facility. The SignUpGenius link is available online at [www.jamescitycountyva.gov/recreation](http://www.jamescitycountyva.gov/recreation) on the James City County Recreation Center's page, the [Aquatics page](#) and the [Fitness page](#).
- No swim equipment will be available for patron use.
- Seating will be provided on the pool deck with at least 10 feet of space between patrons who are not members of the same family.
- Seating will be limited. All seating will be cleaned and disinfected between uses – this includes lifeguard stands.
- Only patrons with a reservation may enter the pool. Patrons may enter the pool area no earlier than five (5) minutes before their reservation.
- Hot tubs will remain closed.
- The pool will close for 15 minutes after each 45-minute session, to allow staff to clean and sanitize before the next 45-minute session begins.
- Water aerobics classes will be by SignUpGenius and available indoors beginning October 5, 2020

#### **Weight Room (Cybex, Nautilus, Free Weights, Stretching and Toning):**

- The Nautilus Line has been relocated to the basketball gym with 10 feet of distance between machines.
- The Cybex line has been relocated to the stretching room with 10 feet of distance between machines.
- Free weight equipment has been distanced. Heavy lifting will not be permitted, since spotting is not allowed in this phase.

#### **Cardio Room:**

- To accommodate 10 feet of distance between patrons, some machines have been taken out of service for the duration of this phase.
- Use of cardio equipment requires a reservation. Cardio sessions have a 45-minute maximum.
- Each patron will be permitted a maximum of one 45-minute reservation per day in advance. Advance reservations can be made at the Front Desk or online through SignUpGenius. If slots are open, patrons may make additional in-person, same-day reservations while they are in the facility. The SignUpGenius link is available online at [www.jamescitycountyva.gov/recreation](http://www.jamescitycountyva.gov/recreation) on the James City County Recreation Center's page, the [Aquatics page](#) and the [Fitness page](#).
- The Cardio Room will close for 15 minutes after each 45-minute session, to allow staff to clean the machines and all touch points before the next session begins.
- To provide additional cardio options, spinning bikes and rowers have been relocated to the gym and can be used by patrons when classes are not in session. No reservation is required.

**Racquetball Courts:**

- Racquetball courts will be available by reservation only. Reservation required through [SignUpGenius](#) or by calling 757-259-4200.
- Reservations are 45 minute sessions. Two (2) person max per court.
- Face coverings may be removed while actively playing.
- Patrons must bring their own ball and racquet.

**Basketball Courts:**

- Reservations required through [SignUpGenius](#) or by calling 757-259-4200
- 45-minute sessions, two (2) person max per hoop
- No games or contact allowed
- Face coverings may be removed while actively playing
- Participants are required to bring their own ball
- Three (3) baskets will be available

**Group Fitness (land and water):**

- Land-based group fitness classes will be conducted in the gym and will be available on a first come, first served basis.

**Personal Training:**

- Personal training sessions are permitted and must maintain 10 feet of distance between the trainer and client.

**Walking Track:**

- The track will be limited to no more than 24 patrons at the same time.
- Face coverings must be worn at all times while on the walking track since 10 feet of social distancing is not possible while passing.

**Areas that will remain closed for rentals:**

- Community Rooms A, B, C and D
- The Lounge
- Child Watch
- Men's and women's saunas
- Pool table, air hockey, table tennis and foosball remain closed

**[Abram Frink Jr. Community Center](#)**

**General:**

- The Abram Frink Community Center has resumed normal operating hours.

- All incoming patrons will be screened for COVID-19 symptoms before admission to the facility by an assessment quiz and a temperature check. Anyone experiencing symptoms or with a temperature over 100.4° F will not be permitted in the facility. All screenings will be conducted in accordance with applicable privacy and confidentiality laws and regulations.
- Facility occupancy will be reduced to maintain a minimum of 10 feet of physical distance between all patrons.
- All staff are required to wear masks, except when alone in their office.
- During Phase III operations, only active pass holders and daily access cardholders will be admitted. Free visitor punch cards and daily fee visitors will not be admitted at this time.
- Patrons will be required to wear a face covering to enter the building and at all times except during exercising. Patrons must bring their own face coverings.
- Signs and floor markers are posted that direct patrons to check in one at a time with a minimum 10-foot distance from other patrons.

**Weight Room and Cardio:**

- Some equipment may close as needed to ensure the 10-foot distance requirement.
- Patrons will be required to maintain 10 feet of distance between each other and staff while in the building.
- A reservation system may be implemented, if needed to manage attendance numbers.

**Multi-purpose Room:**

- Closed during Phase III.

**Basketball:**

- Reservations are not required
- 45-minute session, two (2) person max per hoop
- No games or contact allowed
- Face coverings may be removed while actively playing
- Participants are encouraged to bring their own ball
- Three (3) baskets will be available

**Locker Room:**

- Two (2) showers and two (2) changing benches will be available in both the men's and women's locker rooms.
- Lockers will remain closed.
- Face coverings are required when not in the shower.
- Restrooms and sinks will be available.
- Patrons should only bring essential items that can be kept with them while in the building.