

JAMES CITY COUNTY PARKS & RECREATION DEPARTMENT
James City County Recreation Center and
Abram Frink Jr. Community Center
Covid-19 Operating Plan.
Updated April 1, 2021

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 face covering that completely covers the mouth and nose.
- Patrons will be required to wear a face covering that completely covers their mouth and nose to enter the building and must be worn 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 (2) 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.
- 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, water fitness 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 are permitted a maximum of one 45-minute reservation per day in advance. Advance reservations can be made at the Front Desk or online through SignUp. If slots are open, patrons may make additional in-person, same-day reservations while they are in the facility. The SignUp link is available online at www.jamescitycountyva.gov/recreation on the James City County Recreation Center's page, the [Aquatics page](#) and the [Fitness page](#).
- Lap swimming is limited to one person per lane but can be up to two people per lane if they are from the same household.
- 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 the start of their reservation.
- Hot tubs 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 Fitness

- Water Fitness classes are available by reservation only through SignUp or by calling the Front Desk at 757-259-4200.
- Participants must bring their own equipment.
- Classes are limited to 16 patrons per class.

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 the SignUp link. If slots are open, patrons may make additional in-person, same-day reservations while they are in the facility. The SignUp link is available online at 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, spin 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 SignUp 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 SignUp 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 by reservation only through SignUp or by calling the Front Desk at 757-259-4200.
- Participants are asked to bring their own mat.
- Classes are limited to 24 patrons per class.

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:

- Community Rooms A, B, C and D
- The Lounge
- Child Watch
- Men's and women's saunas
- Hot Tubs
- Pool table, air hockey and foosball remain closed
- Water fountains are closed but the bottle filler feature is available.

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.
- Facility occupancy will be reduced to maintain a minimum of 10 feet of physical distance between all patrons.
- All staff are required to wear a face covering that covers the mouth and nose completely.
- 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 be taken out of service 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.

Areas that will remain closed:

- Multi-purpose room
- Water fountains

Basketball:

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

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.