



Fitness/Martial Arts Guidelines

What can I expect at the recreation centers?

- Masks must cover the nose and mouth, and are required to be worn at all times while inside LPRD facilities for individuals 5 years and older. **Face shields, bandanas, and gaiters are not approved substitutes for masks.**

Masks do not need to be worn in the following circumstances:

- For individuals 4 years and younger
- When temporarily consuming food or drink
- Bring your own water bottle
- Touchless temperature checks will be available for everyone entering the facility
- We ask that you only arrive 5 minutes prior to the start of class.
- Look for new traffic patterns designed to increase physical distancing.

Program spaces and materials are disinfected after each activity and before closing for the evening. Custodial staff will perform daily cleaning with increased frequency.

How have programs changed?

- Class sizes have been reduced and/or moved to larger rooms to increase physical distancing.
- Instructors' lesson plans have been adjusted to allow for social distancing.
- In order to maintain social distance all students will be placed 6 feet apart.
- Hand sanitizer and wipes are available in programming spaces.

Facility updates:

- 1) Plexiglas desk guards has been installed at all of our locations
- 2) Stanchion and sign holders will be at all locations to help direct the public in maintaining proper social distancing
- 3) Hand sanitizer and wipes will be available in each room.
- 4) Standardized signage will be posted in all facilities.

What can I do?

Continue with the precautions you are currently practicing to stay healthy. Follow the posted signs for traffic flow. Minimize use of doors and railings. Bring your own water bottle and equipment.

These guidelines are subject to change.

Feel free to reach out to Jo Ellis, Recreation Programmer with any questions or concerns at 785.330.7358 jellis@lawrenceks.org

Updated 10/16/2020