



# Facility Usage Guidelines

Based on ND Smart Restart Risk Level



## FACILITY ACCESS

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Members/Patients only unless participating in an event conducted by Achieve Therapy personnel.	Guests must be accompanied by a member age 18 or older to purchase a guest fee.	Open to members and guests with user fee.	Open to members and guests with user fee.

## FACE MASK POLICY

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Face masks are required when not actively engaged in exercise and when participating in programs designated by Achieve Therapy & Fitness.	Face masks are required when not actively engaged in exercise and when participating in programs designated by Achieve Therapy & Fitness.	Face masks are recommended.	Face masks are not required.

## TIME LIMITS

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Due to social distancing and occupancy restrictions, please limit your workout time to 90 minutes or less.	Due to social distancing and occupancy restrictions, please limit your workout time to 2 hours or less.	No time limits.	No time limits.

## LOCKER ROOMS

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Open with limited occupancy and social distancing guidelines. Face masks are required. Steam rooms are closed.	Open with limited occupancy and social distancing guidelines. Face masks are required. Steam rooms are closed.	Open with limited occupancy and social distancing guidelines. Steam rooms are closed.	Normal occupancy and activities will resume.

## CARDIO AREAS

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Masks are required when not actively engaged in exercise. <b>Participants are required to maintain social distancing guidelines.</b>	Masks are required when not actively engaged in exercise. <b>Participants are required to maintain social distancing guidelines.</b>	<b>Participants are required to maintain social distancing guidelines.</b>	Normal occupancy and activities will resume.

## FITNESS AREAS (Main Gym, Studio & Loft)

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Masks are required when not actively engaged in exercise. <b>Participants are required to maintain social distancing guidelines.</b>	Masks are required when not actively engaged in exercise. <b>Participants are required to maintain social distancing guidelines.</b>	<b>Participants are required to maintain social distancing guidelines.</b>	Normal occupancy and activities will resume.

## PERSONAL & SMALL GROUP TRAINING (1-4 participants)

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	Participants are required to maintain social distancing guidelines. <b>Masks may be required.</b>	Participants are required to maintain social distancing guidelines. <b>Masks may be required.</b>	Participants are required to maintain social distancing guidelines.	Normal occupancy and activities will resume.

## GROUP EXERCISE

RED	ORANGE	YELLOW	GREEN	BLUE
Facility may be required to close.	High intensity classes will not be available. Class length may be limited. Class sizes limited to meet social distancing guidelines. Face masks are required. A selection of online classes will be available	Group cycling will not be available. Class length may be limited. Class sizes will be limited to meet social distancing guidelines. Face masks are required. Selection of online classes will be available	Class sizes will be limited to meet social distancing guidelines. Normal class length will resume.	Normal occupancy and activities will resume.