

Good afternoon students-

The Sports & Recreation Center staff is excited to reach out with some updates as we prepare to re-open next week! Please read through the following FAQ's carefully to increase understanding of how the building will operate this fall. Questions may be directed to Operations Director Michael Raymond at [mraymond@lakeforest.edu](mailto:mraymond@lakeforest.edu)

### **When will the building open?**

The Sports & Recreation Center will open on Tuesday, Sept. 8 for students living on campus.

### **What are your hours?**

Our hours are Monday-Friday, 4:00-7:00pm (a 3:45pm entry will be allowed for the 4:00pm workout reservation times – see below)

### **Who can come in?**

Initially, only students living on-campus may use the building for workouts. Students must present their College ID and daily CampusClear result to be granted entry. Guests are not permitted.

### **What equipment can I use?**

The upstairs cardio area and track will be available. We have a diverse selection of cardio equipment in addition to benches for light weight training.

### **Can I come in at any point during your open hours?**

No. Students are permitted one 45-minute block of time per day to use a piece of equipment. We also offer an optional 15-minute warm up time on the indoor turf. Workout blocks are 4:00-4:45, 5:00-5:45 and 6:00-6:45. No double or triple booking. These blocks must be reserved one of three ways...

1. submitting your request in advance on Astra, the College's scheduling software (Operations Director Michael Raymond is available for guidance with this) – this option is now open  
<https://hornet.lakeforest.edu/Astra/Logon.aspx?ReturnUrl=%2fAstra%2fPortal%2fDefault.aspx>
2. calling the front desk (847-735-6136) during the hours of 3:30-7:00pm Monday-Friday beginning Sept. 8
3. walk-ups to the front desk are permitted but not recommended, also beginning Sept. 8

All reservations will require your first/last name and student ID number.

### **What are your health & safety guidelines?**

- Upon entry, you'll be asked to show your student ID and daily CampusClear result to continue past the front desk.
- **Masks are required in the building, including during exercise.**
- Social distancing must always be practiced in the facility.
- Students must clean equipment BEFORE and AFTER use.
- Bring your own water bottles, our fountains will not be in use
- Wear workout clothes, locker rooms are not available for changing
- Enter the building through the designated front door (will be marked) – follow staff instructions for traffic patterns inside the building

In closing, we look forward to restarting our service of the campus community next week. Please ask questions as needed and be respectful of our management and student staff as we work to keep you safe. Have a great rest of your day and Go Foresters!

SRC Staff