

WIGHTMAN TENNIS CENTER: PHASE III OPENING

7-9-2020

The Fitness Chair, General Manager and the Board of Governors have developed guidelines to open the Fitness Center after considering best practices recommended by the CDC and the State of Massachusetts. The following are general policies that Wightman will observe as well as specific rules regarding use of the Fitness Center.

General Policies

1. Wightman will adhere to the strictest of town, state or federal guidelines. Wightman will also adjust and may relax its usage rules as data are developed and observation indicate that change is prudent and warranted. Whenever any relaxation of these rules occurs, people who choose to participate – staff, Members, and guests – must accept potential additional risk.
2. As advancing age and certain underlying conditions are risk factors for death with COVID-19 infection, some accommodations will be made for people in those groups.
3. The only areas of the building accessible are the Fitness Center, Multi-Purpose Room, and bathroom on the indoor pool deck, accessible via the outdoor pool gate. The locker rooms, vending machine and coffee machine are not accessible, so please plan accordingly. We ask that Members not congregate in the parking lots or on the courts and that all non-cohabiting individuals practice social distancing and wear a mask when not exercising.

Phase III CLUB-WIDE RULES:

Members are allowed on Club property between 8 am and 9 pm to park and immediately proceed to the activity they have reserved: either a tennis court, a designated area on the lawn, a swim lane, or a Fitness Center reservation.

Tennis players need to check-in with the front desk attendant under the outdoor tennis gazebo. Those who have a reservation for the pool area or Fitness Center will check-in with a staff member at a table immediately inside the gate.

All guests need to pre-register with Wightman before using the facilities:

https://docs.google.com/forms/d/e/1FAIpQLSdtkpISZBWtk6rvwaUldrM60Xxw_vWGQ63LZM_S0e-jSkdvRsA/viewform

Please contact Wightman Management for the most up-to-date guest policies.

While on Club property, Members must wear masks if that is the federal, state or local recommendation at the time. However, Members may not wear masks while actively playing tennis, or while in the pool.

Any staff or Member with any symptoms of any sort of sickness is not allowed on Club grounds. Symptoms include: fever, runny nose, sore throat, cough, sneezing, red eyes, trouble breathing, wheezing, stomach pain, recent loss of taste or smell, diarrhea, nausea, lack of energy, abdominal pain or any new aches and pains, hallucinations or seizures. Importantly, any person with any household Member exhibiting any of these symptoms will also not be allowed on Club grounds. Individual exceptions can be made by the GM for normal symptoms of chronic conditions such as allergies and asthma. No one who has recently been exposed should visit the Club, whether or not they are symptomatic.

To accommodate those who wish to lounge outside when insufficient lawn parcels are available for reservation, Wightman has created a new outdoor lounging area between the Clubhouse and the tennis courts. Seating in this area is available on a first-come-first-served basis and is also subject to social distancing guidelines.

Phase III Fitness Center Specific Rules

The General Manager and the Fitness Chair may modify certain rules at their discretion to accommodate those with special needs.

1. To use the Fitness Center/Multi-Purpose Room requires making a reservation using the online system. Members must also fill out a COVID-19 screen and waiver of liability prior to use.
2. Members can work out in the Fitness Center and/or the Multi-Purpose Room.
3. The Fitness Center/Multi-Purpose Room will be open from 8:00 AM to 8:00 PM. Adults over 60 and Immunocompromised only from 8:00 AM to 9:00 AM .
4. The Fitness Center has been split into 3 Zones. Only 1 member is allowed in each zone. Zone 1 includes the bench press and free weights. Zone 2 includes strength machines, elliptical, landice treadmill, stairmaster, arc trainer, recline bike and AMT trainer (some strength equipment is closed due to 14 feet distancing rule). Zone 3 includes woodway treadmill, elliptical, upright bike and stretching room.
5. The Multi-Purpose Room had been split into 2 Zones. Only 1 member is allowed in each zone. Zone 1 includes an elliptical with arms, recline bike, row machine and Peloton. Zone 2 includes an arc trainer, treadmill and upright bike.
6. All members using the fitness Center/Multi-Purpose Room must check in at the outdoor pool desk and pass a temperature check prior to use. Members with body temperatures greater than 100.4 degrees will be asked to return home.
7. All members are required to sanitize their hands upon entering the Fitness Center and Multi-Purpose Room.
8. Members are required to wipe down and/or spray down their equipment before and after use.
9. If using free weight/circuit equipment, members are required to wear gloves. Gloves are available at the pool check in area. Members are encouraged to wear facial coverings at all times except when exercising vigorously.
10. Reservations may be made online starting at 8 AM three days prior. Please be courteous and cancel your reservation promptly if your plans change. Please only book the amount of time you plan to use.
11. One Fitness reservation per family member per day. Reservations are for up to one hour. You can book 30 minutes in one zone and 30 minutes in another zone.
12. One water bubbler will be made available to fill up water bottles only (no drinking from the fountain).
13. Due to space restrictions, no personal trainers are allowed during this phase. Personal training and group fitness classes are allowed outside. Contact Andre (andre@wightmantennis.org) or Matt (matt@wightmantennis.org) to register.
14. No guests are allowed in Fitness Center/Multi-Purpose Room and outdoor Personal Training/Group Fitness Classes.
15. No towels will be provided.
16. These rules can be modified, based on actual usage and guidance from the Town of Weston or the Commonwealth by concurrence of the Fitness Chair, the General Manager and the Club President. Members who accept to utilize the fitness center under these guidelines, also accept the risk that is entailed in the reduction in the potential social distancing from the previous guidelines. (We are requiring that all members sign a waiver).