

Tom Roberts Family Weight Room Policies

MASKS are required at all times while in the Tyrrell Fitness Center and Tom Roberts Family Weight Room. Masks may be removed while on cardio equipment. If you refuse to wear a mask, you will be asked to leave.

- A Jaypass is required to enter the facility. No one without a Jaypass will be allowed into the fitness center. You will be asked to swipe your Jaypass in the contactless card reader at the Front Desk.
- Temperature checks will be required before entry. Temperatures will be taken by the student employee at the Front Desk with a contactless infrared thermometer. If you have a temperature reading of 100.4 or above, or if you refuse to take your temperature taken, you will be asked to leave. A protective screen will separate you from our staff at the Front Desk
- Locker rooms and lockers will be closed so please arrive at the facility with workout attire.
- Showers will not be available for the semester.
- Throughout our facilities, please look for signage, floor markings and other changes to minimize bottlenecks and congregation areas and to provide safe physical distancing between members.
- Backpacks need to be hung on hooks in the hallways. Backpacks or other personal items cannot be left on the floor.
- Capacity limits for each facility have been changed to:
 - Weight room- 20
 - Fitness floor-20
 - Please feel free to call ahead to the Front Desk at [\(630\) 617-3411](tel:6306173411) to see if there is space.

- If we are at capacity, you will be asked to wait outside or return at a later time.
- No guests will be allowed at this time.
- Water fountains will be closed but the water bottle filling station will still be on so please bring your own water bottle.
- Individuals are responsible for cleaning and sanitizing equipment before and after use. Sanitizing supply stations will be located throughout both areas.
- FC/WR student employees will also be wiping down equipment approximately every 30 minutes or less.
- Facility patrons should maintain a 6ft. physical distance during exercise.
- Equipment should not be shared between FC users at the same time
- No food is allowed in either facility.
- Facility Hours will be posted on Campus Recreation website. Please check before you come.
- Please familiarize yourself with updates from [Elmhurst University's Official COVID-19 Updates](#) page.
- Proper athletic attire must be observed and worn at all times while using Tyrrell Fitness Center or Tom Roberts Family weight room. Athletic shoes, shorts, sweat pants, t-shirt & sweatshirts are all examples of acceptable athletic attire
- Clothing items that are prohibited are not limited to but include:
 - Open toed shoes & boots (winter, work, etc.)
 - Jeans & Khakis
 - Cargo shorts
- Tobacco products, alcohol, and other prohibited drugs are not allowed in the facility.
- AFTER sanitizing, return bars and weights to their proper place.
- AFTER sanitizing, re-rack dumbbells after use.
- Equipment is not allowed to leave the weight room area

- All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
- Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.

Fitness Center Policies

MASKS are required at all times while in the Tyrrell Fitness Center and Tom Roberts Family Weight Room. Masks may be removed while on cardio equipment. If you refuse to wear a mask, you will be asked to leave.

- A Jaypass is required to enter the facility. No one without a Jaypass will be allowed into the fitness center. You will be asked to swipe your Jaypass in our contactless card reader at the Front Desk.
- Temperature checks will be required before entry. Temperatures will be taken by the student employee at the Front Desk with a contactless infrared thermometer. If you have a temperature reading of 100.4 or above, or if you refuse to take your temperature taken, you will be asked to leave. A protective screen will separate you from our staff at the Front Desk
- Locker rooms and lockers will be closed so please arrive at the facility with workout attire
- Showers will not be available for the semester
- Throughout our facilities, please look for signage, floor markings and other changes to minimize bottlenecks and congregation areas and to provide safe physical distancing between members
- Backpacks need to be hung on hooks in the hallways. Backpacks or other personal items cannot be left on the floor
- Capacity limits for each facility have been changed to:
 - Weight room- 20
 - Fitness floor-20
 - Please feel free to call ahead to the Front Desk at [\(630\) 617-3411](tel:6306173411) to see if there is space.
- If we are at capacity, you will be asked to wait outside or return at a later time
- No guests will be allowed at this time

- Water fountains will be closed but the water bottle filling station will still be on so please bring your own water bottle
- Individuals are responsible for cleaning and sanitizing equipment before and after use. Sanitizing supply stations will be located throughout both areas.
- FC/WR student employees will also be wiping down equipment approximately every 30 minutes.
- Facility patrons should maintain a 6ft. physical distance during exercise.
- Equipment should not be shared between FC users at the same time
- No food is allowed in either facility.
- Facility Hours will be posted on Campus Recreation website. Please check before you come.
- Please familiarize yourself with updates from [Elmhurst University's Official COVID-19 Updates](#) page.
- Proper athletic attire must be observed and worn at all times while using the Fitness Center. Athletic shoes, shorts, sweat pants, t-shirt & sweatshirts are all examples of acceptable athletic attire
- Clothing items that are prohibited are not limited to but include:
 - Open toed shoes & boots (winter, work, etc.)
 - Jeans & Khakis
 - Cargo shorts
- Tobacco products, alcohol, and other prohibited drugs are not allowed in the Fitness Center
- AFTER sanitizing re-rack dumbbells after use
- Equipment is not allowed to leave the Fitness Center
- All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
- Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.

- All users are **required** to wipe down cardiovascular equipment and free weight machines after use
- A 30-minute time limit on cardiovascular machines must be observed when someone is waiting. The fitness center staff will determine when to enforce time limits.