



**MANSFIELD**  
**COMMUNITY CENTER**  
*Family, Fitness & Fun!*

**Welcome!**



**Member  
Guide to  
COVID  
Procedures.**

Updated December 22, 2020



# Welcome

Welcome to the  
Mansfield Community Center!

As we navigate a COVID-19 world, there are extra precautions in place at the Mansfield Community Center. Please read through these policies carefully, as they apply to you during your visits. Also know that State Guidelines often change abruptly, and the best resource for up to date information is through e-mail notices and the Mansfield Community Center website.

If at any time you have questions please contact the Mansfield Community Center Reception Desk.

## Mansfield Community Center

**address** 10 S. Eagleville Road, Storrs, CT 06268

**email** [parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org)

**phone** 860-429-3015

**website** [www.mansfieldcc.com](http://www.mansfieldcc.com)

**Facebook** [Facebook.com/MansfieldCommunityCenter](https://www.facebook.com/MansfieldCommunityCenter)

# Facility-wide Policies & Procedures

**MASKS** or cloth face coverings that completely cover the nose and mouth are required at all times, unless you are actively entering the water in the pools.

**SOCIAL DISTANCING** is required of facility users. When approaching the facility, and once in the facility please be conscious of the floor markings and social distancing protocols to maintain safety and compliance. Expect relocated and restricted access to various equipment in order to meet new standards. Follow signage for traffic patterns throughout the facility.

## **HEALTH ASSESSMENTS/SELF SCREENING**

Patrons must self-screen at home prior to each visit. If you are unwell or are experiencing any symptoms of COVID-19, do not come to the Community Center. Use of hand sanitizer is required upon entry into the facility, and is available in the lobby and in various locations throughout the facility.

### ***Before coming in, ask yourself:***

- Have I been in close contact with a confirmed case of COVID-19 in the past 14 days?
- Am I experiencing a new cough, shortness of breath, or sore throat?
- Have I had a fever of 100.4°F or higher in the last 48 hours?
- Take your temperature at home. Temperature must be below 100.4°F

**WAIVER AND RELEASE** All patrons wishing to participate in Community Center activities must sign the Communicable Disease Waiver and Release.

**CLEANING AND DISINFECTING** is increased and intensified throughout the facility. Employees will clean all equipment frequently and patrons and guests must wipe down equipment before and after each use with provided products and materials that meet EPA and CDC guidelines for use against COVID-19. The facility is closed Monday-Friday, 1:30pm-3:30pm for full area deep cleaning and disinfecting. Deep cleaning and disinfection will occur each evening, seven days per week, when the facility is closed to the public.

**WATER FOUNTAINS** are closed. Due to regulations, water fountains are not available. Please bring your own water bottle. Water bottle refill stations may be used for refill of personal water bottles only.

**PERSONAL ITEMS** Lockers are closed except while showering, and therefore personal belongings brought into the facility must be limited. Use of coat racks and cubbies building-wide will be limited. Personal belongings for swimmers can be left in designated areas on the pool deck.

**GROUP FITNESS CLASSES** have resumed, but are not included in with membership. You may register at the discounted member-class rates for the full session, or purchase drop-in passes to classes. If you plan to drop in, be sure to reserve a drop-in class slot on SignUpGenius. We encourage you to continue to check our [Facebook](#) daily for fitness tips and ideas, and to utilize videos and resources on <http://mcc.mansfieldct.gov/2013/Exercise-Videos>

**REMINDER** Child Care and common areas are not available during this time.

# Locker Rooms

## LIMITED LOCKER ROOM AVAILABILITY

Lockers are *not* available for general use, except for when showering.

Locker rooms are available for showering after a swim or workout.

- Please limit showers to 10 minutes.
- **Masks completely covering the nose and mouth are required at all times**, unless in a shower stall showering.
- **Sinks/sink area is for hand washing only**. Actions requiring the removal of your mask (make-up application, shaving, brushing teeth, etc.) are *not* permitted.
- Use of hair dryers *is* permitted, but masks must be worn.

## WHAT EQUIPMENT IS AVAILABLE?

Patrons are required to provide their own soap and towels.

## PERSONAL ITEMS:

Limited lockers are available while showering only. Available lockers are marked. Use of coat racks and cubbies building-wide will be limited. Personal belongings for swimmers can be left in designated areas on the pool deck.

## CLEANING REQUIREMENTS:

Patrons are required to clean all equipment before and after use with spray provided. This includes spraying down shower stalls and lockers. Staff will provide additional cleaning as needed. Intensified spray disinfectant will be used on all used equipment during shutdown periods and when the facility is

# Teen Center

## GENERAL TEEN CENTER ACCESS

The Teen Center is available to individual adults and families during all facility hours. Limit one family at a time. Please see the Reception Desk for equipment.

## CLEANING REQUIREMENTS:

Patrons are required to clean all equipment and touch-points before and after use with wipes provided. Staff will clean additionally as needed.

# Gymnasium

## GENERAL GYMNASIUM ACCESS

Reservations are not required except during Pickleball play. All other times are drop-in, however, space is limited.

- **Masks** completely covering the nose and mouth are required at all times.
- **Maximum 3 players to a court.**
- **No pick-up basketball games or ball sharing is permitted.** Each player must have and use their own ball at all times.
- Family groups up to four individuals may share one court space at a time.

## PICKLEBALL PLAY

Reservations are required for Pickleball play.

See the schedule at [www.mansfieldcc.com](http://www.mansfieldcc.com).

Reserve a time a SignUpGenius.com under the "Gymnasium" tab.

## WHAT EQUIPMENT IS AVAILABLE?

Patrons are required to provide their own equipment for use in the gym (including basketballs, futsals, pickleball paddles, etc.). Basketball hoops and pickleball nets and balls will be provided and set up by Community Center staff. Dunking or hanging on hoops and moving of pickleball nets is prohibited. Gym mats and Tot toys will not be available.

## PERSONAL ITEMS:

Come prepared to play! **Patrons are asked to bring no personal items except a water bottle, keys, and small items required for game play into the facility.** Locker access is not available.

REMINDER: Water fountains will be closed. Water bottle filler may be accessed to re-fill personal water bottles.

## CLEANING REQUIREMENTS:

Community Center equipment will be disinfected between patron use. Spray disinfectant will be used at minimum on gym floor surfaces after closing each day.

# Fitness Center

## **FITNESS AREA AND TRACK GENERAL ACCESS**

Reservations are not required. Patrons are to enter the Fitness area through the front stairwell and exit through the back stairwell. The elevator will be available to those that need it, however only one person may use the elevator at a time (unless immediate family). All patrons must adhere to all posted policies and procedures- examples below:

- **Masks** completely covering the nose and mouth are required at all times.
- Closed toe athletic shoes must be worn
- Shirts must be worn
- Facility is ages 14+ with limited exceptions
- Family Track Time is available after 12pm daily. Parents/guardians must accompany children on the Track.

## **WHAT EQUIPMENT IS AVAILABLE?**

*Please thoroughly clean equipment with supplied wipes before and after use.*

Please check in with the Fitness Assistant during your visit prior to utilizing cardiovascular equipment. Fitness Assistants will reserve cardio space on available equipment for each patron, not to exceed 45 minutes, and will direct the patron to the

### **CARDIO EQUIPMENT:**

AMT (1)  
Arm Bike (1)  
Elliptical with stationary arms (3)\*  
Elliptical with moving arms (2)  
Expresso Bike (2)  
Floor/Strength/Stretching station (3)  
Recumbent bikes (4)\*  
Rower (1)  
Spin bikes (2)  
Stair Stepper (1)  
Treadmills (4)  
Track (max. 10 patrons)  
Upright Bike (1)

### **STRENGTH EQUIPMENT:**

Main Floor Weight Equipment:  
Selectorized weight equipment\*  
Weight bench stations  
Free weights\*\*  
Plyo-boxes\*\*  
Medicine Balls\*\*  
Bands\*\*

\*Use of machines is dependent upon capacity and spacing. See signage. Patrons may use all selectorized weight equipment with proper cleaning, however, must leave one open machine between patrons at all times.



**PERSONAL ITEMS:**

Come ready for your workout. Patrons accessing the fitness area are asked to bring no personal items except a water bottle and keys into the facility. Keys/jackets only may be stored in cubbies in the fitness area. Other personal items that will remain on your person (watch, glasses, phone in armband) are permissible. **Weight-lifting gloves may NOT be worn.** Locker room and shower access is available *after* your workout via the pool deck.

**CLEANING REQUIREMENTS:**

Patrons are required to clean all equipment before and after use including all touch points, sweat, and possible areas of saliva contamination (i.e. – cardiovascular display panel and PVS). Patrons must also disinfect areas any personal items contacted. Disinfectant wipes will be readily available for patron use throughout the designated fitness areas. Fitness staff will provide additional cleaning as needed. Intensified spray disinfectant will be used on all used equipment during shutdown periods and when the facility is closed.

**ADDITIONAL INFORMATION/POLICIES:**

Personal workout sheets created and saved prior to COVID-19 have been retained in file box, which is kept under fitness desk. Upon request, Fitness Assistant may locate personal workout sheet for a patron. Patrons must independently retain this file as no file system will remain active for general access. No paper forms will be retained for patron access at Fitness Desk. Upon request, Fitness Assistant may provide requested forms for patron to independently retain for their records. No magazines or newspapers will be provided, all reading material left by patron must be discarded.

**REMINDER:** The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.

# Main & Therapy Pools

## **POOL AREA RESERVATIONS ARE REQUIRED.**

Your Access Code for the SignUpGenius Reservation system is: **CU@MCC**

Reservations are made in one-hour increments, and allow for a 45-minute swim period, with additional time allotted for rinsing/changing before and after swimming. If you require additional rinse or change time, your swim may need to be less than 45 minutes. Please read all sign-up details closely for current lane quantities and lane sharing information.

## **HOW DO I SIGN UP?**

Sign-ups are available online via SignUpGenius.com. The direct link to Mansfield Community Center sign-ups is on our website [www.mansfieldcc.com](http://www.mansfieldcc.com), along with the upcoming weeks pool schedules.

Reservations slots become available on a rolling basis 8-days out. For example, on Mondays, reservations open for Tuesday of the following week. Slots become available at the time of the slot (i.e. a 10 a.m. slot appears at 10 a.m.).

**Having trouble online?** Reserve by phone by calling 860-429-3015 ext. 0

**If you require special assistance** (such as use of the pool lifts), please make note of that in the comments area when reserving your time block. Time blocks cannot be extended, and your swim time may need to be reduced. Please plan accordingly.

## **RINSE AND CHANGE:**

Per State mandate, all swimmers are required to complete a quick rinse before entering the pool. This will be conducted in the Family Changing Rooms. Swimmers may elect to rinse and change or shower after swimming in the Main Locker Rooms. Please limit showers to 10 minutes. Electing not to shower or change after your swim does not extend your swim time.

## **POOL AREA MASK REQUIREMENTS:**

Masks are required at all times up until you are about to enter the water.

**PERSONAL ITEMS:**

Come ready for your swim. **Patrons are asked to bring no personal items except a water bottle, keys, swim cap, goggles, towel, and after swim change of clothes into the facility.** Locker access is available only while showering after your swim. Personal items and masks will be stored in bins located at the end of each swim area.

**WHAT EQUIPMENT IS AVAILABLE?**

Use of kick-boards, pool buoys, pool noodles, and aqua belts provided by the Center will be allowed. Ask a lifeguard for desired equipment. Patrons will be required to disinfect equipment before and after use. Staff will complete additional disinfecting between uses.

**CLEANING REQUIREMENTS:**

Aquatic staff will provide additional cleaning between each swimmer use as needed. Rinse and change areas will be cleaned regularly, including use of spray disinfectant spray during shutdown periods and when the facility is closed.

**REMINDER:** The water fountain will be closed. The water bottle filler may be accessed to refill personal water bottles.

