



TICE CREEK FITNESS CENTER



Hello Rossmoor Residents,

**Tice Creek Fitness Center is excited to
announce we are reopening**

Monday, October 5th @ 6:00AM

The Golden Rain Foundation and Tice Creek Fitness Center have determined that it is in the best interest of staff, residents and guests to open the facility slowly, in several Phases, following mandatory and recommended guidance and approval from county, state, and federal authorities, the GRF Board of Directors, and Senior Leadership.

Our reopening plans have been developed based on the factors listed above, as well as feedback, recommendations, and experiences from our partner, Active Wellness, fitness industry leaders around the country, experiences of facilities that are reopening ahead of our reopen date, and our direct knowledge of Tice Creek Fitness Center operations.

Our #1 priority is the safety of everyone who is in the fitness center. Certain aspects of the reopen plan are set according to required county and state mandates, while others have been set out of an abundance of caution and concern for the safety and welfare of Rossmoor residents and staff. We recognize the fitness center can not be 100% clear at all times from all potential risks.

Before you come back to the fitness center, please take the time to read and review all of our reopening information.

Our operating procedures can change at any point in time, the reopen date may change at any time, and the facility may close again at any time. We will continue to update and implement new procedures and protocols as we learn more about local and national guidelines.

www.ticefitnesscenter.com

REOPENING PHASE 1

Phase One: Fitness Center Reopening Rules

Click links below for our reopening rules and a series of quick reference documents detailing the reopen plans.

Please take the time to read all information so you are familiar with our policies and processes.

[Click Here
Reopening Rules](#)

[Click Here
Quick Reference Guides](#)

[Click Here
Resident Responsibility Code of Conduct](#)

Phase One: Hours - Reservation Schedule - Capacity

*** see links in above section for full details*

HOURS OF OPERATION

The Fitness Center opening and closing times have not changed.

Monday - Friday: Open 6am, Close 9pm

Saturday - Sunday: Open 6am, Close 6pm

* All regular holiday hours will be observed.

RESERVATION SCHEDULE

The fitness center is accessible by reservation only. *(see reservation instructions section below)* Each day will consist of 75 minute open time blocks followed by 15 minute time blocks when the facility will close for cleaning and disinfecting.

Example:

- 6:00 AM - 7:15 AM: Open, reservation only (75 minutes)
- 7:15 AM - 7:30 AM: Closed for cleaning (15 minutes)
- 7:30 AM - 8:45 AM: Open, reservation only (75 minutes)
- 8:45 AM - 9:00 AM: Closed for cleaning (15 minutes)
- etc.

CAPACITY

Contra Costa County is allowing us to operate at 10% capacity at this time, which means we can offer ten (10) "general use" reservations during each open session.

Reservation Instructions

Click the link below to go to the Tice Fitness webpage with video and written instructions on how to get an account set up at the fitness center, how to connect to your existing account if you've registered at the fitness center in the past, and how to make general use reservations.

[Click Here
How To Make Reservations](#)

Phase One: What's Opening

See "Rules" and "Quick Reference Guides" above for full details

- **Main Fitness Floor:** reservation only, limited cardio machines, most strength equipment with physical distancing
- **Fitness Floor Restrooms Open**
- **All Parking Open**
- **Gymnasium, Aerobics Studio, Dance Studio:** available for open use, no organized groups allowed.
- **Personal Training & Fitness Orientations:** by appointment only, limited capacity

Phase One: What Will Remain Closed

See "Rules" and "Quick Reference Guides" above for full details

- **In-person Group Fitness Classes:** including Tice fitness staff classes, Club, and Independent Contractor classes. We expect this to resume in Phase II if capacity limits are increased.
- **Pilates Reformer Studio:** due to the small studio space, the Reformer Studio will remain closed, Reformer Classes will move to larger group fitness studio soon.
- **Locker Rooms and Showers:** Locker rooms will be closed, use restrooms on fitness floor.
- **Lobby and Lounge Seating:** very limited seating available to promote social distancing and discourage group socializing
- **Cardiovascular Equipment:** at least every other unit will be unavailable

to maintain social distancing

- **Cloth and Porous Equipment:** these types of items will be unavailable due to challenges with disinfecting/cleaning.

Phase One: What To Bring

See "Rules" and "Quick Reference Guides" above for full details

- **Face Mask:** Residents must bring their own, these will not be available if you forget
- **Workout Mat:** fitness floor mats will be available, but we encourage you to bring your own to reduce sharing
- **Water Bottle:** drinking fountains will be closed, water bottle filler will be open
- **Key Fob:** check in will consist of using your key fob to show you have registered at the fitness center prior as well as checking in with the front desk to confirm your reservation
- **Resident ID Card:** If you have not registered at the fitness center in the past
- **Positive Attitude:** These are challenging times requiring positivity, understanding, civility, and compassion.

Phase One: What Not To Bring

See "Rules" and "Quick Reference Guides" above for full details

- **Gym Bag:** lockers, showers, dressing rooms, and storage cubbies will not be available
- **Cash/Checks:** We are encouraging credit card transactions instead of cash or check.
- As always, it's best to leave valuables at home

Safety First!



Cleaning

The center will be closed for 15 minutes after each 75 reservation for disinfecting high-touch surfaces. We have increased the normal cleaning schedule as well.



Social Distancing

All staff and residents will be required to maintain at least 6' of social distancing. We are restricting general capacity as well.



Face Masks

Residents are required to wear masks at all times while not actively working out. Staff is required to wear a mask at all times.



Equipment Spacing

At least every other cardio machine will be shut down and residents should avoid using other equipment within 6 feet of others.



Disinfecting Wipes

Residents must wipe down all equipment or other surfaces before AND after use. There are several wipes dispensers throughout the facility.



Sanitation Stations

We have added several more sanitization stations throughout the facility. Residents are encouraged to use these and/or wash hands often.

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