

## **Walking/Jogging For Wellness Program Minimum Guidelines**

*The following are minimum general standards for groups and are subject to change per State and local activity-specific direction from professional associations, DCEO, IDPH, and CDC.*

### **General Overview**

- Maximum indoor attendance is 25. You can call 815-693-1495 during Walking/Jogging for Wellness Program hours to check if there is room available on the track before you leave your house.
- Registration is required for this program. No drop-ins allowed at this time.
- Only program participants are allowed inside the building.
- Track is open for walking/jogging. NO sprinting.
- No spectators allowed on the track in the fieldhouse.
- Each participant is required to purchase their own punch card. For example, two people cannot share or use the same punch card.

### **Participant Guidelines**

- Prior to arrival, each individual is responsible for completing our health questionnaire that is posted on the fspd.org website. If the answer is "yes" to any of the questions, please do not attend. <https://www.fspd.org/rccms/wp-content/uploads/2020/07/Health-Questionnaire.pdf>
- All participants must arrive at the facility wearing a face covering and use hand sanitizer upon arrival.
- Indoors, face coverings must be worn at all times.
- Please monitor your family's health; if anyone is sick, please do not attend and notify the Frankfort Square Park District.
- Participants must be socially distanced (6 feet) throughout the gathering.
- No snacks; participants may bring their own clearly labeled water bottle. Water fountain will not be available for use.
- Keep personal belongings at least 6 feet away from other's personal belongings.
- There will be no congregating permitted in the field house or lobby.
- Avoid touching facility accessories not necessary for your usage.
- Sanitize hands regularly.
- Enter through door #11 on the Enter Only side.
- Exit through door #11 on the Exit Only side.

**Guidelines will be updated as needed.**