

CAMPUS RECREATION CENTER GUIDELINES

GUIDELINES AND POLICIES TO ENSURE A SAFE AND ENJOYABLE EXPERIENCE

- Masks and face coverings must be worn at all including when exercising
- All workouts must be solo (including use of basketball courts)
- Capacity limits will be in place for the following locations:
 - **Cardio/weight room: 15 people**
 - **Basketball courts: 25 people**
- Guests are prohibited at this time. No exceptions
- Spray machines before and after you exercise, Individual spray bottles will be available at the equipment desk
- Limited equipment will be available for checkout
- Locker rooms and showers are CLOSED for use; scheduled cleanings at 9am, 1pm, 5pm and overnight
- The practice room (music room) & aerobics room are closed for usage
- Water filler stations are available (drinking fountains are not available for use)
- Locker usage is not available at this time

**YOU CAN CALL TO INQUIRE ABOUT CURRENT CAPACITY:
630-515-7462
630-515-7461**

Questions? Please contact Nick Maentanis: nmaent@midwestern.edu
630-960-3144