



COVID-19 Valley Guidelines

Business Hours

M-F 5A-8P
Sat & Sun 8A-5P

Health & Well Being

If you are sick, please stay home. Members may not enter the facility if they have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).

Temperature Checks

Anyone visiting our facility will be required to have their temperature taken. Anyone with a temperature lower than 100.4 degrees fahrenheit will be allowed to enter our facility.

Water Bottles

Members should bring their own water bottles. No touch water fountains will be available for refilling water bottles. Water will also be available for purchase at the Front Desk. Water will no longer be served on the exercise floors and water coolers will no longer be available on the exercise floors.

Hand Hygiene

Please sanitize/wash hands upon entering the facility. A hand sanitizing dispenser is available at the entry of the facility and additional hand sanitizing dispensers have been added to the workout areas for your convenience.

Social Distancing

Social distancing guidelines of at least six feet of separation must be maintained by every person in the facility at all times to the greatest extent possible unless you are fully vaccinated.

Our equipment in all areas has been spread out and/or every other piece of cardio equipment will be closed to assist with maintaining social distancing guidelines. Thank you for not moving equipment and respecting closed equipment.

We are also asking all parents of children to maintain and monitor that their children are following 6 foot social distancing guidelines at all times to the greatest extent possible especially in gym and pool areas.

Facial Coverings

Per the governor's mandate, facial coverings are required at all times when using our facility unless you are fully vaccinated. This includes not only when entering and moving throughout the facility, but while working out and in all areas of the facility unless you are fully vaccinated.

Sanitizing Equipment

Members are asked to do their part in cleaning equipment and utilizing the additional sanitizing wipes located through all of our work out areas to wipe down equipment being used both before and after its use. Members will also notice extra staff around during club hours performing extra sanitizing throughout the entire facility. We will continue to also have a crew deep cleaning every evening once the club is closed as we have done in the past (additional sanitizing efforts have been added as well).

Group Fitness

Reservations required for all classes.

Silver level membership required for Les Mills and Cycling classes.

We will be limiting the number of participants in class to meet guidelines.

Members are encouraged to spread out using the entire class space.

Members are encouraged to bring their own equipment where applicable.

Please sanitize equipment both before and after use (sanitizing wipes available in studios).

Place used mats in the dirty mat container so our staff can sanitize them.

*Refer to Group Fitness COVID Requirements for additional information.

Children's Activity Center

Reservations required.

We will be limiting the number of children using the center at one time.

Please sign children in and out, hang coats and retrieve a nametag at the Main Center. Staff will direct your child to the appropriate room.

Children will have their temperature taken.

Monthly billing and drop in rates available.

*Refer to CAC COVID Requirements for additional information.

Pools

Indoor Pools are open.

Lap pool will close 30 minutes before closing time.

Family pool will close 1 hour before closing time.

There will be a max number of swimmers allowed in each pool at any one time.

Chairs have been spread out and limited on the pool deck to ensure social distancing.

Please bring your own equipment including lifejackets as these will no longer be available for loan.

[Open Swim](#) - see schedule on website for available times.

*Refer to Pool COVID Guidelines for additional information.

Gyms

Members should bring their own equipment.

Limited equipment will be available for check out at the front desk. Please sanitize any used equipment prior to returning to the front desk. Sanitizing wipes are available in gyms and throughout the facility.

Pickleball - see Pickleball COVID Requirements for additional information.

[Gym availability](#) - see schedule on website for available times.

Exercise Rooms

Please do your part to sanitize equipment when finished.

Thank you for leaving weight benches in designated spots to maintain social distancing in areas.

Thank you for respecting closed cardio equipment and only using equipment that is open.

Tennis

Gold level membership required to use facilities.

Reservations required (using member portal & Valley app).

*See Tennis COVID Requirements for additional information.

Racquetball/Squash

Silver or gold level membership required to use facilities.

Reservations required (using member portal & Valley app).

*See Racquetball/Squash COVID Requirements for additional information.

Pickleball

Singles play is recommended.

Please bring your own equipment.

If borrowing equipment from the front desk please sanitize equipment before returning (sanitizing wipes available in the gym).

Play will be available on a first come first serve basis except for designated times on the schedule.

*See Pickleball COVID requirements for additional information.

Cafe

Closed at this time.

Grab and go items are available at the cooler near the Front Desk.

Sports Camp/Spartan Program

*See COVID Family Handout for additional information.

Personal Training

Appointments are available with Master Personal Trainers.

Contact billing@valleyac.com for assistance connecting with a trainer.

Guests

Guests must be accompanied on premises by a current Valley member.

Sponsoring guests without being present on premises will no longer be allowed.

VSpa

The VSpa is open with additional requirements.

Visit www.thevspa.com for additional information.

Business Partners

Aftercare Fitness Services (Physical Therapy) - Open
Valley Hair Design - Open
Music Lessons w/ Todd - Open
Serendipity Children's Center - Open
Providence Physical Therapy - Open

Additional safety measures that you will notice:

- Sneeze guards have been installed.
- Thermal Imaging camera to take temperatures.
- Additional sanitizing wipe dispensers have been installed throughout the facility.
- Additional hand sanitizers have also been installed throughout the facility.
- Water fountains have been changed to automatic refill.
- Automatic toilet flushers have been installed.
- All of our cleaning supplies, hand sanitizers, sanitizing wipes, laundry detergent and hand soaps have been checked and are on the EPA's approved list of disinfectants.
- Additional staff sanitizing throughout the day in addition to what we have done in the past.
- Facility will be deep cleaned at night.
- Staff have gone through extensive safety training.
- HVAC units have been adjusted to maximize airflow and MERV 13 filters are used.