

UPDATED ANNOUNCEMENT!!!

Hampden-Sydney College TigeRec Fitness Center and Leggett Pool will be open for current members, students, faculty and staff. Fleet Gymnasium will remain closed.

We hope that you will all help us adhere to guidelines and do your best to ensure a safe space for all of our patrons and staff.

Fall Semester Hours beginning Monday, August 24

TigeRec

Monday – Thursday	6 am-10 pm
Friday	6 am-8 pm
Saturday & Sunday	10 am-8 pm

Leggett pool

Monday	3 pm-7 pm
Tuesday– Thursday	6 am-9am, 12pm-7 pm
Friday	6 am-9am, 12pm-7 pm
Saturday & Sunday	10 am-3 pm

TigeRec Fitness Center Guidelines:

- The Fitness Center will be limited to no more than 50 patrons at a time. We strongly recommend calling ahead to minimize wait time.
- We ask that you refrain from socializing and be deliberate with your time spent in the facility.
- Guests are not permitted.
- All patrons will enter and exit through the front door of the Fitness Center and sign in using their personal login number.
- Patrons and Staff members must adhere to physical distancing guidelines and maintain a distance of 6 feet between themselves and others when possible.
- No sharing equipment.
- Patrons must wipe down ALL equipment after use.
- Staff will be cleaning and disinfecting equipment when possible.
- Face coverings are required AT ALL TIMES.
- Lockers rooms and restrooms will be available. The use of a mask in the locker room is strongly encouraged.
- Showers will be closed.
- Water fountains will be closed. We encourage patrons to bring their own water bottle.
- Some equipment will not be available including heavy bags, yoga mats, foam rollers, etc.
- Please understand that some machines will be closed as we work to adhere to physical distancing guidelines.

Leggett Pool Guidelines:

- Leggett Pool will be limited to no more than 20 patrons at a time. We strongly recommend calling ahead to minimize wait time.
- We ask that you refrain from socializing and be deliberate with your time spent in the facility.
- Guests are not permitted.
- All patrons will enter and exit through the front door of the Fitness Center and sign in using their personal login number.
- Patrons and Staff members must adhere to physical distancing guidelines and maintain a distance of 6 feet between themselves and others when possible.
- Lifeguards will wear masks at all times.
- Patrons will wear masks. Lockers, rooms, and restrooms will be available. The use of a mask in the locker room is strongly encouraged.
- Showers will be closed.
- Water fountains will be closed. We encourage patrons to bring their own towel, mask, and water bottle.
- Goggles will not be available and equipment use will be limited.

Please understand that this is a new set of guidelines for all of us. We appreciate your patience and we promise to do our best to make sure your workout goes smoothly and that everyone feels safe at all times.

If you have any questions, feel free to reach me at 434-414-8351.

We hope to see you soon!

Betsy Leonard

Director of TigeRec