IMPORTANT ANNOUNCEMENT!!

On Monday, June 8, Hampden-Sydney College will begin a safe, careful reopening of TigeRec Fitness Center and Leggett Pool. Fleet Gymnasium (indoor basketball courts) will remain closed.

Governor Northam has released a very detailed plan for Phase Two of Forward Virginia. 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.

The following information will be posted around TigeRec and enforced by the Fitness Center Staff and Administration. We sincerely appreciate everyone’s patience and understanding during the past few months and we look forward to seeing you next week! All memberships that were current on the date of the gym closure, which was March 13, will still be active for any days that were paid for. Example: If your account was set to expire on March 23, you will still have 10 days of gym access available before you will need to renew your membership.

Facility Hours beginning Monday, June 8

TigeRec

- Monday – Friday: 6am – 1pm, 4pm – 7pm
- Saturday & Sunday: 9am – 5pm

Leggett Pool

- Monday – Thursday: 6am – 1pm, 4pm – 7pm
- Friday: 4pm – 7pm
- Saturday & Sunday: 9am – 3pm

TigeRec Fitness Center Guidelines:

- The Fitness Center will be limited to no more than 20 patrons at a time. We strongly recommend calling ahead to minimize wait time.
- We ask that your refrain from socializing and be deliberate with your time spent in the facility.
- Members, Faculty and Staff are not permitted to bring guests.
- All patrons will enter and exit through the front door of the Fitness Center and sign in using their personal login number. The login screen will be disinfected after each use.
- Staff will briefly screen patrons for COVID-19 symptoms upon arrival.
- Patrons and Staff members must adhere to physical distancing guidelines and maintain a distance of 10 feet between themselves and others when possible.
- The couches in the lobby will be off limits.
- Staff will clean and disinfect equipment, benches and chairs after each use.
- Employees will wear masks at all times and patrons will wear masks as they enter and exit the building.
- Racquetball Courts will be open and physical distancing is encouraged.
- Lockers rooms and restrooms will be available. The use of a mask in the locker room is strongly encouraged.
- Showers will be closed.
- Drink machines, water fountains and drink filling stations will be closed. We encourage patrons to bring their own towel, mask and 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 10 patrons at a time. We strongly recommend calling ahead to minimize wait time.
- We ask that your refrain from socializing and be deliberate with your time spent in the facility.
- The only permissible use of the pool is for lap swimming.
- Members, Faculty and Staff are not permitted to bring guests.
- All patrons will enter and exit through the front door of the Fitness Center and sign in using their personal login number. The login screen will be disinfected after each use.
- Fitness Center Staff will screen patrons for COVID-19 symptoms upon arrival.
- Patrons and Staff members must adhere to physical distancing guidelines and maintain a distance of 10 feet between themselves and others when possible.
- There will be a limit of 2 lap swimmers per lane.
- Staff will clean and disinfect bleachers after each use.
- Lifeguards will wear masks at all times.
- Patrons will wear masks when they enter the building until they reach the pool area and may exit through the side door of the pool area.
- Lockers rooms and restrooms will be available. The use of a mask in the locker room is strongly encouraged.
- Showers will be closed.
- Drink machines, water fountains and drink filling stations 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 you feel 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