



Heightened Safety Measures for Gym Access and Tanning

During Reopen Illinois Phase 4

We are incredibly excited to welcome you back to Lacon Fitness and Tan as we move into the next phase of our reopening! We plan to follow government guidelines as we reopen to provide the safest possible environment and help keep us open. To ensure Lacon Fitness and Tan is a safe space for everyone, we have implemented the following Heightened Safety Measures.

Thank you for your patience and support as we begin the next phase of our gradual reopening. We're excited to be able to welcome you back!

If you have noticed any COVID-19 symptoms or do not feel well, STOP. Do not come to the gym. Notify the front desk via phone at +1 (309) 246-8266. If within 14 days of your last visit, you or someone you have been in contact with is diagnosed with COVID-19, please contact the front desk or EMail Amanda at Amanda@LaconFitnessandTan.com

Book Your Gym Time or Tanning Session

Reservations are required; walk-ins are not permitted.

Reserve your Gym Time or Tanning Session through the MINDBODY App. If you are interested in working one-on-one with our trainers, send us an email with the dates and times you are available.

If you have not yet used the MINDBODY App, please follow our guide [here.](#) »

Gym Time

Before you Arrive

If you have noticed any COVID-19 symptoms or do not feel well, STOP. Do not come to the gym. Notify the front desk or your trainer via phone or email. When you arrive at the gym you will need to wear your mask unless you are actively working out.

1. Be sure to reserve Gym Time on the Mindbody App
2. Please arrive dressed in your workout attire. Changing rooms and showers are unavailable.
3. If necessary, bring a bottle of water and a sweat towel.

Gym Time (continued)

When You Arrive

1. **Face-coverings will be required while not actively working out.** Please ensure you are wearing a face-covering before entering the building or joining a group outdoors. Additionally, you may choose to wear a face-covering throughout your work out as well.
2. Please wait for a Lacon Fitness and Tan employee to meet you on the sidewalk to take your temperature, give you hand sanitizer, and ask a series of COVID-19 Screening Questions. If bad weather occurs, please wait in your vehicle to be waved into the building for Wellness Screening.

If you have a fever or symptoms of COVID-19, you will not be able to come into the facility.
3. Once you enter the building, please scan your key card to Check-In where the iPad once was.
4. Take a spray bottle and towel from the tote labeled "Clean." Keep this with you to use for your entire workout.
5. Before entering the gym please use the hand sanitizer to your right by the wall.

In the Gym

1. Please stay at least 10ft away from people not in your household.
2. Please go to the section that you Reserved. The areas are separated by blue tape. (Continued)

In the Gym (Continued)

3. If you need to use the water bottle filler, please wear your mask.
4. When selecting a piece of equipment to use, make sure to pay extra attention to the Yellow tape on the floor. Equipment that is directly connected by yellow tape cannot be used at the same time. Be prepared to make adjustments in your workout routine if a machine or piece of equipment is unavailable. Our Trainers are happy to help you figure out an alternative exercise.
5. Please wipe down all equipment **before and after** you use it. Please include the yellow knobs, seat adjusters, and anything else you may have touched.
6. Please be mindful of the limited equipment, and that others may be waiting for you to finish using a piece of equipment.
7. If you exit the gym area for any reason, please wear your mask.

After Your Gym Session

1. Before exiting the gym, please wear your mask.
 2. Please use hand sanitizer when leaving the building.
-

Tanning

Before you Arrive

If you have noticed any COVID-19 symptoms or do not feel well, STOP. Do not come to the gym. Notify the front desk or your trainer via phone or email. When you arrive at the gym you will need to wear your mask at all times while not in the Tanning Bed Room.

1. Be sure to reserve your Tanning Appointment on the Mindbody App.

When You Arrive

1. **Face-coverings will be required while not in the Tanning Bed Room.** Please ensure you are wearing a face-covering before entering the building.
2. Please wait for a Lacon Fitness and Tan employee to meet you on the sidewalk to take your temperature, give you hand sanitizer, and ask a series of COVID-19 Screening Questions. If bad weather occurs, please wait in your vehicle to be waved into the building for Wellness Screening.

If you have a fever or symptoms of COVID-19, you will not be able to come into the facility.
3. The LFT Staff member who greeted you and completed your Wellness Screening will direct you to a Tanning Bed and ask how long you would like to tan.

If you would like a tanning sticker, please ask this Staff member for one.

During Your Tanning Session

1. In the tanning room, please leave personal belongings on the chair/bench or the wall hook.
2. While in the Tanning Room, you may remove your mask.

After Your Tanning Session

1. Please wear your mask before exiting the tanning room.
2. Please use hand sanitizer before exiting the building.

This document was created prior to the release of Restore Illinois Phase 4 guidance. Any policies or guidelines mentioned in this document are subject to change.

Copyright ©2020 Lacon Fitness and Tan. All rights reserved.