



Norwood Recreation
**CIVIC
CENTER**

**RE-OPENING
GUIDELINES**



Welcome back, residents!

Norwood Recreation will follow CDC, state and local guidelines for a phased in re-opening of the Norwood Civic Center.



Important Reopening Information

Norwood Recreation will follow CDC, state and local guidelines for a phased in re-opening of the Norwood Civic Center.



Hours & Capacity

Modified Operating Hours Starting Tuesday, September 8th

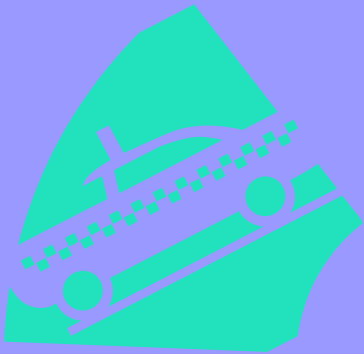
- Monday-Friday: 7:00am—7:00pm
- Saturdays: 9:00am-12:00pm (starting on October 17th)

Hours may increase as we progress through phased reopening

Reduced Capacity

- Maximum occupancy varies by area and activity but generally 30% of capacity or less than 50 participants

How to Access the Civic Center



Programming/Office Use

- The Norwood Recreation Department office will remain open throughout the day so please use front door
- Programming/Activity Entrance/Exit will be through the 1st floor doors

Weight Room

- **Reservations for weight room or activities are required and will be taken over the phone. To book a time please contact the Civic Center for assistance (781) 762-0466**
- Registration will open each Friday at 9am for weight room reservations for the following week.
- All weight room reservations are 1-hour blocks are limited to 1 per day
- If you need to cancel a reservation, please call the Civic Center at (781) 762-0466
- Entrance/Exit for weight room will be front door of building

Accessing Your Online Account



- You can access your account online at:
<https://norwoodma.myrec.com/>
- If you successfully access your account, no further action is needed
- If you don't remember your password, select "Forgot Your Password" or call the Norwood Civic Center at (781) 762-0466
- If you do not have an email on file with us, please call the Civic Center for assistance (781) 762-0466



Health & Safety Precautions

- Staff will be following enhanced cleaning and disinfecting protocols between each reservation timeslot
- The following precautions are being taken in weight room:
 - Masks are required
 - Social distancing required in weight room
 - Increased cleaning/sanitation efforts being made
 - limited patrons allowed in weight room at one time
- Multiple entrance/exits will be used for building access, so please follow the posted directional signage when you arrive and stay in your vehicle until the time of your reservation.

Health & Safety Precautions

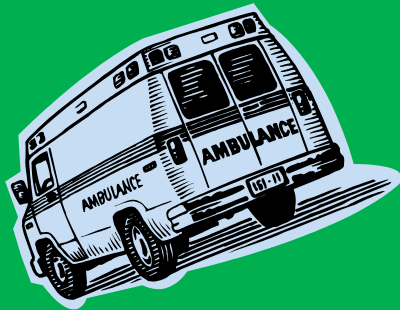
- All staff must wear face coverings
- Members **MUST** wear a face covering when entering or moving around the building.
- Hand sanitizer stations will be available throughout the building
- Motion sensor soap dispensers and paper towel dispenser
- Locker room and sauna will remain closed



Health Screenings

Please stay home if you have any of the following symptoms:

- Cough
- Shortness of breath
- Fever
- Chills
- Repeated shaking and chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell



What to expect when you enter the Civic Center

Lobby/Customer Service

- A staff member will greet and check you as you enter the Civic Center
- All activities require reservations (online or over the phone).
- Touchless water bottle filling stations will be available but water fountains will be closed
- Follow floor markers and signs directing traffic flow within center.





Open for reservations

- Weight Room: Limited equipment open and cardio equipment.
- Gymnasium will be open for limited fitness classes and programs
- Room reservations are taken on a case by case basis. Please call (781) 762-0466 to coordinate.



Programs not being offered (at this time)

- Drop in programs
- Events/Parties/Any large function
- High contact sports (basketball, volleyball, soccer)

Fitness

Weight Room

- Reservation required to use workout area (please contact (781-762-0466 to book time)
- Max 1 hour per session/ 1 per day
- Limit of 5 patrons at a time
- Locker room/ Sauna will remain closed
- Face mask required during workout
- Social distancing required
- Limited workout equipment available
- Entrance/Exit in front of building
- Reservation opens at 8am on Friday for following week.
- The following times will be open for workouts (M-F): 7am, 8am, 9am, 10am, 3pm, 4pm, 5pm



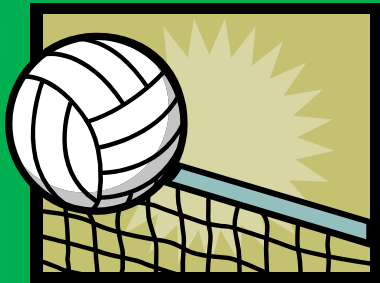


Group Fitness

- Online reservation through myrec only
<https://norwoodma.myrec.com/>
- If you have current Fit Passes please contact Norwood Recreation to book class (781)762-0466
- Limited participants
- Participants will be responsible bringing their own equipment if needed
- We will maintain 10 foot physical distancing
- Fitness classes will take place in gymnasium

Gymnasiums

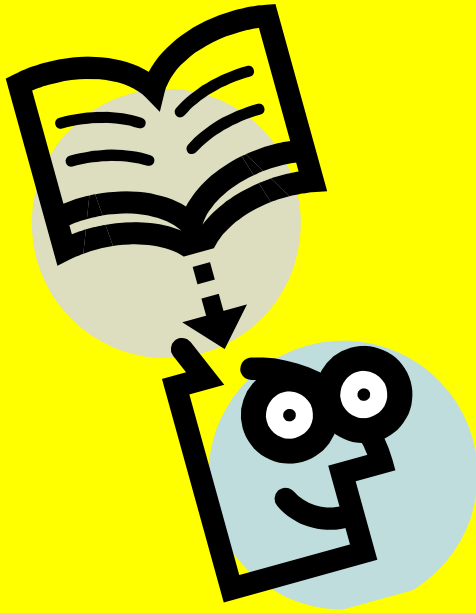
- Online reservation through myrec only
<https://norwoodma.myrec.com/>
- Limited participants
- All activities are 1 hour blocks
- At this time, high contact activities including basketball, volleyball, and soccer are unavailable
- Non-contact activities permitted include pickleball, archery, golf as part of recreational programming
- Participants will be responsible bringing their own equipment if needed
- We will maintain 10 foot physical distancing
- Fitness classes will take place in gymnasium





Recreational Programs

- Residents only
- We are not doing our traditional Fall/Winter Program Guide. Recreational program offerings will be released month to month (with the exception of our School of Dance)
- The Recreation Department reserves the right to cancel any program for safety reasons
- We encourage all residents to register for programming online at:
<https://norwoodma.myrec.com/>



Locker Rooms/Restrooms

- Showers closed
- Locker room and locker areas closed
- Sauna closed
- Restrooms open
- Frequent hand washing encouraged