



**Please note these IDPH Tier 3 mandates, per Governor Pritzker,
will be effective Friday, 11/20/20 at 6:00am until further notice:**

- 1) **Operate at no more than 25% capacity**: We are fortunate at RHF to have such an expansive facility that we will not reach that reduced capacity mandate at any time with our current membership roster. All RHF members should feel confident that they will get their workout completed based on their personal schedule without any adjustments.
- 2) **No indoor group classes**: We have suspended all Group Exercise classes as of Wednesday, 11/18/20 to encourage safe and "individual exercising" regardless of person and/or space. All classes will now resume when the mandate is lifted per the Governor.
- 3) **Face coverings must be worn at all times, including while engaged in individual exercise regardless of person or machine spacing**. Everyone that is inside RHF at all times must wear a proper face covering. No exceptions. For more information on proper face coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- 4) **Reservations required**. Members may contact RHF (847) 698-2582 during normal operating hours and state what day/time they will be visiting RHF to 100% guarantee entry. You may reserve up to 7 days in advanced from your call date. We will also be able to reserve your time when you arrive to check-in, if space allows. We are confident with our extremely large facility, that no one will be turned away from their workout. We strongly suggest to limit your individual workout to no more than (one) 90 minute workout per day.
- 5) **Locker room areas should be closed**. We are complying with this mandate and unfortunately this will also close the pool area due to the pathway needed to get to that area. We are hopeful we can reopen this area soon and will post any changes as soon as possible. If you are a Premier member with a permanent locker, or rent a locker in the regular locker room, and would like your personal belongings, please come into the club at any time and an RHF Team member will escort you in to obtain your items. If you decide to leave them at this time, all lockers will remain locked. Small gymbags will be allowed to be with you on the fitness floor during this time. Please bring as little as possible with you to the club until we are allowed to reopen this area. We sincerely apologize for this inconvenience. Additionally, the bathrooms that will be available are located behind City Blends Cafe. Additional cleaning and disinfecting of those bathrooms will be implemented also.

For more information on Tier 3 mitigation: www.coronavirus.illinois.gov

Some other common questions that have been brought to my attention are the following:

- 1) Towel service: We will still provide towel service.
- 2) Tanning packages: We will extend your paid sessions once we reopen the locker rooms.
- 3) Showers: Unfortunately, the showers will not be available until we reopen the locker rooms.
- 4) Racquetball/Pickleball: Temporarily closed to encourage "individual exercising".
- 5) Basketball and Boxing: Open for one participant at a time until further notice.
- 6) Sundays: RHF is closed on Sundays through 2020 for deeper cleaning/disinfecting and isolation of building from members/staff.

Please do not come into the facility if you are not feeling well, if you are experiencing any Covid-like symptoms and/or if you have been in contact with anyone with Covid-19. Please refer to the CDC website for additional information and details. www.cdc.gov

Temperature checks will continue upon arrival at RHF each visit. We reserve the right to refuse service to anyone who exhibits sickness and/or is not compliant with all the Tier 3 and RHF safety policies.

Changes/updates may occur as we navigate through this current Tier. Your full cooperation is required and much appreciated.

Additionally, I would like to take this time in extending my sincere gratitude to the entire RHF Team for their continued dedication and to all the RHF members who continue to support the facility throughout the many changes over the past nine months. The common goal of our team each and every day is: "Stay RHF Safe to Stay Open". Ultimately, the choice is always "yours" at RHF and we accept everyone's personal decision. We are still offering a complimentary "Covid-19 Hold" membership suspension by emailing Cathy Sansone, RHF Membership Manager, at any time: cathy@rosemontfitness.com

As we move closer to the Thanksgiving holiday, I offer sincere gratitude to all the healthcare, frontline and essential workers. I am also grateful our doors are OPEN to those continuing their wellness program at RHF especially throughout all these "temporary" restrictions. Myself and the entire RHF Team look forward to the day when we can offer our members a fully operational club in hours and all our amazing amenities once again.

If you have any questions or concerns, please contact me at any time.

Stay safe, well & Strong "RHF Family"!

Susan Pappas

Director

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