

Mask Guidelines and All Sports Guidelines Changes

Effective October 27, 2020

All fitness center and sports participants, volunteers, spectators, and staff are required to wear masks whenever unable to maintain six feet of distance, regardless of familial association, and when using shared equipment. Masks must be worn by everyone over the age of two (2) years of age while within all HEParks facilities except under the following noted circumstances. For all other HEParks programs, events, and interactions, masks fully covering the nose and mouth continue to be required. Mask accommodation is available with a doctor's note.

Thank you for your help in keeping our facilities safe for members and program participants.

	<p>Fitness Centers</p> <ul style="list-style-type: none">• Masks must be worn at all times while not actively engaged in a fitness activity at a fitness station. A fitness station is a single-occupancy piece of fitness equipment. All participants are required to wear masks at dual occupancy equipment, including cable cross over machines, bench press, and dumbbell area when others are present within six feet, and squat racks when spotters and others are present within six feet.• Masks must be worn at all times in common areas, entrances and hallways.• Masks must be worn in locker rooms when not able to social distance.
	<p>Basketball/Open Gym at Fitness Centers</p> <ul style="list-style-type: none">• No open play or pick-up games are allowed on indoor park district facility courts.• If there is more than one person at a basket, masks must be worn by all.• Masks should be worn when not actively playing on the court. This includes entering and exiting the court and sitting on benches.• A single person at a net, not sharing equipment, may play without a mask as long as they maintain six feet of distance from other players entering and exiting the courts.
	<p>Pickleball</p> <ul style="list-style-type: none">• Masks must be worn during doubles play.
	<p>Group Fitness Classes</p> <ul style="list-style-type: none">• Masks must be worn when participants enter and exit the classroom as well as when cleaning and putting away equipment.• Wearing masks is not required during the class if all participants are able to maintain six feet of distance from other participants.• Participants must wear a mask when moving through unmasked participants already in class.• All instructors will wear masks.
	<p>HEParks early childhood and youth programs</p> <ul style="list-style-type: none">• Masks must be worn during all early childhood and youth low impact programs that take place within an HEParks facility.
	<p>HEParks athletics programs</p> <ul style="list-style-type: none">• Masks will be worn at all times by participants if they are unable to maintain a constant social distance of six feet from all participants.• Hockey participants will not wear additional masks as long as players wear helmets with face shields and/or mouth guards. Once off the ice, masks are required by all coaches and players in all areas of the facility.
	<p>Adult and Senior Programs</p> <ul style="list-style-type: none">• Masks must be worn during all non-athletic Adult and Senior Programs within HEParks Facilities.• Masks must be worn during athletic Adult and Senior Programs if six feet of distance can not be maintained between participants.

For more information visit [HEParks.org](https://heparks.org).

