

WROC Reopening Guidelines and Protocols

How do I register for class?

Advance registration is required and the preferred method is via the WROC website. For your safety, there is no in-person registration. To manage the number of participants allowed for social distancing, pay per class is the only option available. Registration is only open one week at a time. You will be able to select the days you wish to attend within each week. Please contact WROC Director, Kathy Long at 412-835-6630 if you have any questions or need assistance.

How do I pay for classes?

In an effort to avoid handling money, credit card payment through the WROC website is preferred. You may also bring an exact payment of \$7 in an envelope marked with your name and the class name. There will be a payment drop box. If you choose to bring the \$7 to class, advance registration is still required.

How do I check-in at the WROC?

- Entrance and Exit will be through the main WROC doors located behind the church. Classes held in Fellowship Hall will enter and exit through the Fellowship Hall doors located behind the church. All other entrances will be locked.
- Participants are to arrive ***no earlier than 10 minutes before start time*** and exit immediately after class.
- Participants will check in outside of the WROC entrance. We have set up registration so that you can maintain safe physical distances while checking in with public spaces and pathways that are marked.
- Temperature check and brief health screening upon entry.
- A one-time mandatory participation agreement must be signed either online or the first time you enter the building.

Health and Safety

- Social distancing will be maintained. Instructors will guide students to a designated workout area and provide direction for gathering equipment.
- Participants must bring their own mats.

- Participants are to wear masks to enter the facility, while setting up for class, gathering belongings after class and exiting. Participants have the option to remove the mask while exercising.
- Exterior doors will be propped open to allow for ventilation and for avoiding high touch areas.
- Hand sanitizer stations are available.
- Please bring your own water bottles. For safety, the fountains will not be in use.
- WROC bathrooms will be available.

Cleaning and Sanitizing

- Cleaning agents used to sanitize the facilities and equipment are EPA compliant to neutralize viruses including COVID-19.
- High-touch areas will be disinfected frequently throughout the day.
- The WROC will be disinfected daily and between classes; members must clean equipment before and after their workout; staff will follow up after each use.
- Disinfecting stations have been set up in the WROC entrance and inside the gym.
- HVAC adjustments and filter replacements have been installed following CDC guidance.