

# Highlands Exercise Room Hilltop Campus

## GUIDELINES FOR INDIVIDUAL/SAME HOUSEHOLD USE OF THE EXERCISE ROOM

1. The Exercise Room will be open from 7 AM to 4 PM Monday - Friday and will be available to be reserved in 1-hour blocks with 30 minutes in between each use for sanitation.
2. The room can be reserved by calling Highlands office at 607-770-0974 and reserving a block. Reservations will be taken on a first come, first serve basis.
3. Room will be limited to a single resident or both occupants of a single unit.
4. Staff will be on hand to open the door for the Resident/Residents who reserved the room.
5. Residents will be required to wear a mask on their way in and out of the building, but not during exercise. Residents are also required to wear a mask to and from the restroom.
6. A hand sanitizer station will be posted at the door to the Exercise Room. Residents will be required to use hand sanitizer prior to entry and after exiting the exercise room.
7. All equipment will be sanitized between visits.
8. Restrooms may be used while using the Exercise Room. Restrooms will be cleaned daily and after each use.

