



ILLINOIS AIR NATIONAL GUARD  
182D FORCE SUPPORT SQUADRON

26 June 2020

MEMORANDUM FOR ALL PERSONNEL

FROM: 182 FSS/CC

SUBJECT: Reopening of Base Fitness Center

1. In accordance with guidelines prescribed by the 182 AW Public Health Office and upon the approval of the Installation Commander the 182 AW Fitness Center will reopen on 29 June at 0500 in the following mode with limited operations;

a. Hours of Operation will be Monday through Friday from 0500 to 1900 and Saturday and Sunday 0800-1600hrs. Operating hours are subject to change and will be announced via email, if required.

b. The fitness center will have 1 unit member assigned during open hours to monitor social distancing and sanitize equipment between uses.

c. All individuals utilizing the fitness center are expected to abide by the following:

(1) The fitness center will operate at no more than 44 individuals (50% of max occupancy) at any given time. Lower occupancy may be required without prior notice do to social distancing requirements.

(2) Workout stations have been configured or decommissioned to allow for 6-ft. social distancing between individuals while exercising. Equipment is not to be moved from its current placement or utilized if it has been taped off.

(3) Members will maintain 6-ft. of distance during exercise.

(4) Members will clean and sanitize equipment (e.g., weights, treadmills, machines) before and after use.

(5) Individual cleaning wipes should be reused while still moist. Once dry however, it should be remoistened with the provided cleaning spray bottle or a new wipe must be utilized.

(6) If utilizing the cleaning spray bottle, do not spray the equipment directly. Spray the wipe/paper towel instead.

(7) Equipment will not be shared between members at the same time unless from the same household or it has been completely cleaned and sanitized before switching.

(8) Floor fans will not be utilized near cardio machines to minimize risk of spreading germs horizontally.

(9) Individuals spotting a member who is lifting will wear a mask while providing assistance.

(10) Members are encouraged to arrive at facility dressed in workout attire.

2. Violations of established guidelines may lead to suspension or termination of fitness center privileges.

3. Any questions may be addressed to SMSgt Sarah Markham at (309) 633-5242 or sarah.markham.1@us.af.mil.

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