

Re-OPEN Q&A FAQ Guide

When will the Wellness Center be open?

Monday, July 6. The Wellness Center will open with some modifications. The South and North weight rooms, Rockwall, Track (for walking only) and Pool will be open for use. Other activity areas and parts of the facility will be closed.

MEMBERSHIPS

How do I renew or extend my existing membership and can I choose the date for it to start?

Please send an email to unocampusrec@unomaha.edu letting us know when you would like to begin your membership and Guest Services will reapply the membership and contact you via email or phone call once it's completed. If you don't want it to begin on July 6, we can delay the start date to anytime in the Summer or Fall semester.

I won't be able to use the membership in the Summer or Fall semester. Can I get a refund for the remainder of my membership?

Yes! Please contact us through email at unocampusrec@unomaha.edu and Guest Services will contact you when they are open. Or you can call directly at 402.554.2539.

When will Guest Services be OPEN?

Guest Services will be available via phone starting Monday, June 29 through Thursday, July 2; 10:00am to 4:00pm. After July 6, they will be available during open gym hours.

What if I don't want to use my membership at this time, can I put my membership on hold until the Fall semester?

Yes! If you are uncomfortable or unable to use your existing membership at this time, we would be happy to change the start date in the Fall Semester. We would recommend requesting a refund if you are unable to use the membership until the year 2021.

Can I bring my kids into the facility?

No guests or individuals under the age of 19 are allowed into the H&K facility.

Can I bring guests into the facility?

At this time, no guests are allowed into the H&K facility. No day passes will be sold.

LOCKERS

If I still have a locker, can I still use it?

Yes! We ask for guests to stay 6' apart from other members and only one (1) person at a locker bay at a time.

Will the day use or temporary lockers be available?

No, day use lockers will be unavailable.

LOCKER ITEM RETRIEVAL

How can I retrieve my items from my locker in the Wellness Center?

*You may stop by Guest Services in the Wellness Center, beginning July 6 during open **Wellness Center hours** to retrieve your items from your locker.*

I am not comfortable with entering the H&K facility at this time, can I still pick up my items from my locker?

Yes! Curbside pick-up is available in Lot O, east of H&K and west of the Biomechanics Building. Please schedule a time for pick-up by calling Guest Services at 402.554.2539 during open hours.

PARKING

Where can I park on Campus?

Lot N and Maverick Plaza road located near the H&K Building are not available. There is OPEN Parking on campus during the Summer semester; the closest parking includes the lot south of the Library and the East Parking Garage. Handicap parking is available in Lot N.

ACTIVITY AREAS AND WORKING OUT

Who should I ask if I have a specific question about the fitness areas?

The Weight Room Supervisor or Skyler Brooke (Sbrooke@unomaha.edu)

Will the Wellness Center staff (Weight Room Supervisors) be cleaning fitness areas?

Yes, staff will be following a strict cleaning protocol which includes sanitizing machines, benches, dumbbells, barbells, cardio equipment and other strength equipment. During the 20 minute gap between workout times, staff will sanitize each weight room.

Do guests need to clean equipment?

We ask that you clean equipment before and after use with the supplied towels and spray bottles.

What machines or workout equipment are available for use?

Most cardio and strength machines will be open. Every other treadmill and elliptical will be blocked off to support social distancing. Adjacent strength machines may not be used simultaneously. Cycle bikes, rowers, ski machines are all properly distanced. Dumbbell and barbell stations are set and may not be moved.

Do I have to wear a mask in the Wellness Center?

You must wear a mask into the Wellness Center and are encouraged to wear a mask during workout, If you are not wearing a mask in the workout area we ask that you store it in the supplied paper bag and stored properly.

Where do I put my mask when I'm working out?

We ask that you store your mask in the supplied paper bag during workout. Each machine has a hanging station you can place paper bag on.

Are check out items available?

No check out items available at this time.

Will there be Group Ex. Classes?

There will be no Group Ex. Classes during summer.

Any other questions about the weight rooms or activity areas? Please contact the Assistant Director of Strength, Conditioning, and Fitness, Skyler Brooke at sbrooke@unomaha.edu

INJURY PREVENTION AND CARE

Are masks required when I am in IPC?

Yes. All staff and patrons utilizing the IPC space are required to wear for the duration of their visit.

I have an injury I need to get looked at. Can I still do that in IPC?

Yes! Speak to a member of the IPC staff or email Stacy Hartwig at shartwig@unomaha.edu to set up an appointment time. Appointment times may be limited due to staff availability.

Can I still receive a heat pack or an ice pack?

Yes! You are still able to receive a hot pack or an ice pack in IPC. You will be limited to 10 min in the clinic and ice packs are available in a to-go option.

Can I still receive tape or a band-aid?

Of course! You are welcome to stop by and buy a roll of tape or receive a band aid and general first aid.

Any other questions about Injury Prevention and Care? Please contact the Assistant Director of IPC, Stacy Hartwig at shartwig@unomaha.edu

CLIMBING WALL

Will the Climbing Wall be open?

Yes, for bouldering only (on both the boulder and the main wall).

How many people are allowed in the climbing wall?

15 climbers are allowed in the climbing wall at a given time. Visits will be limited to 1 hour if others are waiting. Check the UNO Rec App for current capacity counts. We ask that everyone practice good social distancing in the climbing wall at all times.

Do I have to wear a face mask while climbing?

Yes

Can I rent climbing equipment to use?

Only climbing shoes are available for rental. Quantities may be limited as they will take longer to disinfect. We will allow clean gym shoes to be used on the climbing wall as well.

OUTDOOR VENTURE CENTER RENTALS & TRIPS

Can I rent equipment from the Outdoor Venture Center?

The equipment rental is not available at this time.

Are there any OVC trips or workshops running at this time?

There are no trips planned at this time. A limited number of workshops are listed on Shop Wellness.

Any other questions about the Climbing Wall or Outdoor Venture Center? Please contact the Associate Director of Programs and Services, Joel Bauch at jbauch@unomaha.edu

COMPETITIVE SPORTS

Questions about Sports Clubs and Intramural Sports? Please contact the Assistant Director of Competitive Sports, Dom Williams at dkwilliams@unomaha.edu

INSTRUCTIONAL AND YOUTH PROGRAMS

Questions about Instructional or Youth Programs? Please contact the Assistant Director of Instructional and Youth Programs, Lisa Medina at lmmedina@unomaha.edu