



COVID-19 Reopening Information

Revised 8/9/2020

The Gorham Sports Center facility is re-opening within State of Maine guidelines for Gyms and Exercise facilities: <https://www.maine.gov/decd/checklists/gyms-fitness-centers>.

The indoor field is now available for large group rentals, team practices, clinics, private events, schools, local organizations/businesses, etc. with certain restrictions and social distancing, depending on the activity and age level.

The following restrictions are in place to mitigate possible coronavirus transmission risks, and ensure a safe and enjoyable environment for everyone:

1. Maximum number of people that may be present for a group activity is 50, per state limit.
2. Spectators, parents, and siblings are asked to stay in their cars and NOT enter the facility at this time.
3. Face Masks or Face Coverings are required when entering and exiting the sports center, when not active on the field, when in the lobby or concessions area, when making a bathroom visit, and any time when unable to maintain a safe social distance of at least 6 feet (14 feet if vigorously exercising). If you do not have a mask, one will be provided to you at the entrance.
4. Restrooms are limited to 2 people at a time.
5. NO FOOD OR DRINKS (besides water) will be allowed inside the field house.
6. When the activity is over, participants must leave the building promptly to allow for cleaning and for the next group to transition onto the field. Please do not gather inside the facility unless you schedule it ahead of time.

What We are Doing:

- Increased rigorous cleaning and disinfecting of all touch surfaces.
- Maintaining a Contact Tracing log (limited to Date, Name/Family, Phone, and Town), so we may notify you in the event there is a concern of exposure.
- Modifying indoor traffic pattern, encouraging patrons to exit through the designated EXIT doors (any of the 9 front glass doors - See image on next page).
- Increasing ventilation in the main sports building.
- Disabling drinking water fountain (the "no-touch" bottle filler is still available).
- Offering Apple / Google / Touchless pay at the concession stand.
- Installing additional sanitizer locations.
- Disinfecting used pens and other items (no shared items), and eliminating harder-to-clean items.
- No drop-in events scheduled until further notice.
- Additional training for staff for cleaning, germ spread / cross-contamination training, and proper donning/doffing of gloves and personal protective equipment (PPE).

What You Can Do:

- Wash your hands frequently, and/or use hand sanitizer (many sanitizer stations are available throughout GSC).
- Limit your trash, and please pick up after yourself. We have reduced trash can locations in the building. Please plan to take out with you what you bring in, or place it in one of the available bins.
- Maintain 6 feet of distance whenever in the building/in line.
- Notify your team and GSC staff of any illness symptoms such as cough, sore throat, shortness of breath, fever, or sudden loss of taste or smell, or if you have been around anyone exhibiting these symptoms within the past 14 days, or anybody who was tested for or is suspected of having coronavirus (COVID-19), or been out of state within the last 14 days.
- Notify Gorham Sports Center at 207-839-6767 if you or your child have tested positive for COVID-19.



Please enter through main doors at front of building, and exit through glass doors in field house.

We are committed to doing our part to help mitigate the spread of COVID-19, and will remain vigilant in our maintenance and daily practices. All guidelines will be strictly enforced. Failure/refusal to abide by these guidelines may result in removal from the premises or cancellation of your rental agreement.

During this time, we ask for your understanding, support, and participation in the mitigation efforts, to help keep these valued youth and adult sports communities safe and healthy. Thank you!

We look forward to welcoming you back!

Please feel free to call 207-839-6767 with questions or concerns, or send an email to info@gorhamsportscenter.com.

Additional Information:

https://www.usfa.fema.gov/coronavirus/planning_response/occupancy_social_distancing.html

<https://www.maine.gov/decd/checklists/gyms-fitness-centers>

<https://www.maine.gov/decd/checklists/community-sports>

<https://www.maine.gov/decd/checklists/large-social-gatherings>

Disclaimer(s):

According to the CDC, COVID-19 transmission risk is elevated during cardiovascular exercise and increased respiration; forceful respiration when coughing, sneezing, and yelling; close physical contact; sustained physical contact; and in group activities such as sports. Fitness centers and gyms should post notice to patrons about these elevated risks. As always, all persons, including spectators, who enter the facility do so AT THEIR OWN RISK.

Information/guidance subject to change.