



78 Norcross Circle • P.O. Box 487 • North Conway, NH 03860-0487 • www.northconwaycommunitycenter.org • (603) 356-2096

North Conway Community Center 2021 Micro Gym Handbook

Overview of NCCC

Mission Statement

The North Conway Community Center will work in partnership with the community to provide a broad range of recreational opportunities for children and adults.

Our Philosophy

The North Conway Community Center is a non-profit organization committed to its partnership with the community. It seeks to provide a broad range of quality and progressive recreation opportunities for children and adults and to sponsor other community groups with like goals. The Board will continue to develop and expand its facilities and programs in response to the needs of our community.

It is the intent of the Board of Directors that all children will be included in our programs. The Center will continuously review programs to ensure that it meets the needs of all ages and abilities. Skill development, enjoyment, cooperation, and good sportsmanship are the primary goals of our recreation programs.

Staff

General Manager: Carrie Burkett, 603-986-8488 (NCCC cell) carrie@northconwaycommunitycenter.org

Sports Coordinator: Nate Arnold, 603-733-7244, nate@northconwaycommunitycenter.org

Maintenance Lead: Eric Elam

Custodian: Leo Hovsepian

Board of Directors

President: Sheryl Kovalik

Vice-President: Ben Colbath

Treasure: Lynn Lyman

Secretary: Monica Belkin

Member: Craig Bartolomei

Member: Andy Narducci

Contact Information

North Conway Community Center

2628 White Mountain Highway

PO Box 487

North Conway, NH 03860

Phone: 603-356-2096, 603-986-8488

Web Site: www.ncccommunitycenter.org

Policies & Responsibilities

Cancellations

The North Conway Community Center has the right to close the micro gym due to insufficient enrollment or COVID-19 outbreaks locally or within any program. All participants will be notified of changes.

Cleaning

It is the responsibility of the participant to sanitize all equipment used before leaving the facility. Cleaning spray and paper towels will be provided.

COVID-19 Safety

It is important to do your best to avoid exposure to COVID-19. Participants are expected to adhere to the following guidelines put forth by the Centers for Disease Control and Prevention:

- Avoid close contact with people not in your household
- Cover your mouth and nose with a face covering when around others
- Wash your hands often with soap (or use hand sanitizer when hand washing isn't possible)
- Clean and disinfect frequently touched surfaces often (in your home, car, at work, etc.)
- Monitor your health and report symptoms to the General Manager or Sports Coordinator

Drug/Alcohol/Smoking

The use or possession of drugs, alcohol or tobacco products on North Conway Community Center property or while participating in North Conway Community Center programs is prohibited.

Emergency Contact Information

Emergency contact information must be kept up to date. If any changes occur in phone numbers or other contact information, please notify the North Conway Community Center in writing. In an emergency situation, a staff member or volunteer will call 911 and then contact the person listed for emergencies.

Face Coverings

Participants must wear face coverings over the nose and mouth at all times in the building with the exception of being inside the micro gym with the door closed while working out.

Health Screening

Due to the COVID-19 pandemic, health screenings will be required before using the micro gym. The screening requires your temperature will be recorded along with answers to the following questions:

- Have you had any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100 degrees F or higher?
- Have you had any close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days? (NOTE: Healthcare workers caring for COVID-19 patients while wearing appropriate personal protective equipment should answer "no" to this question)
- Have you traveled in the past 14 days outside New England?

If you do not meet the criteria or have a temperature over 100°F, you will need to return home. A doctor's note or 14-day quarantine may be required before returning to practice. Reporting symptoms of COVID-19 or exposure to someone diagnosed with COVID-19 is a requirement. Failure to report symptoms or exposure may result in ineligibility to participate in future programs of the North Conway Community Center.

Hygiene and Germ Safety

Participants must perform hand hygiene (alcohol based hand sanitizer will be provided) upon arrival, before and after eating, before and after going to the bathroom, before and after touching a one's face or face covering, and prior to leaving. All mouth-based activities are not allowed (this includes, but is not limited to: spitting, chewing gum, licking fingers, and chewing/spitting sunflower seeds.)

Illness

Participants should leave right away if experiencing the following symptoms unrelated to physical exertion:

- A fever over 100°F
- Any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath
- Muscle aches or chills or feeling feverish
- A change in sense of taste or smell
- Abdominal pain, breathing difficulty or other persistent pains
- Persistent headache
- Symptoms of other contagious disease (head lice, chicken pox, conjunctivitis)
- Symptoms of vomiting, diarrhea, or rash

Injuries

Any first aid applied should be recorded in an accident report. In an emergency, call 911 right away. If a neck or back injury is suspected, the person should not be moved. If a participant hits their head, the person should take a break.

Sharing Prohibited

The sharing of food or personal gear (i.e. water bottles, mouth guards, helmets, sports goggles, etc.) will not be allowed. Participants should come prepared with their water bottle and personal gear. Participants should not touch other participants' belongings.

Timeliness

It is important to end your workout 5 minutes before the end of your reservation time in order to accommodate for the time required to clean and sanitize equipment. A half hour without any person present is required between reservations in order to allow fresh air to circulate into the space. Failure to leave in a timely manner may result in suspension of your membership.