



Choctaw Nation Wellness Center

ATTENTION MEMBERS

CHOCTAW WELLNESS CENTERS — PHASE 3 (Modified) CONTINUING THROUGH 8/24/2020
PHASE 3 (Modified) will be reevaluated for 9/7/2020

- **ALL AGES CAN RETURN DURING THIS PHASE 3 (Modified).** Rules for all ages are listed below and will be strictly enforced during this time. If rules are not being followed disciplinary actions will take place.
 - All children under the age 11 must be accompanied by an adult at all times. They may use basketball gym, studio room and track.
 - You must be 11 years old to use the gymnasium and walking track without adult supervision. Adult must be in facility.
 - You must be 14 years of age to use the fitness room, CrossFit room, and sky deck area. Adult must be in facility.
 - You must be 16 years old to use this facility without adult in the facility.
- **A 6 ft. rule will be enforced for social distancing.**
- **A wellness screen must be completed at the front door before entering facility.**
- **Hours of Operation are Monday through Friday:**
 - Durant Wellness Center: Normal Hours
 - Other Wellness Centers: Original opening hours—9:00 p.m.
 - Coalgate: 8:30 a.m.—5:00 p.m.
 - Talihina: 5:00 a.m.—9:00 p.m.
- **Capacity is limited due to social distancing requirements (varies by location).**
- **If limited capacity is reached, workouts will be limited to 45 minutes time, once a day up to 3 days a week. Reservations are available and will be served first. Reservations can be made no more than 24 hours prior by calling your local Wellness Center. Contact information is available at www.choctawnation.com/tribal-services/health-services/choctaw-nation-wellness-centers.**
- **More group fitness classes are returning during this phase. Classes will differ by location due to availability of space and equipment. Members are asked to use social distancing and individual equipment during this time.**
- **No basketball or volleyball will be available during Phase 3 (Modified). Chair volleyball can return with spacing and modifications.**
- **Members are strongly encouraged to use personal protective equipment (PPE). The Centers for Disease Control and Prevention (CDC) recommendations for hygiene and wipe downs of equipment will be strictly enforced during Phase 3 (Modified).**
- **Wellness staff will follow proper PPE requirements during this time.**
- **Spacing and signage will be available throughout Wellness Centers (varies by location).**
- **Wellness Cards will be scanned at the front desk.**
- **New members can continue signing up during this phase. Please call your local Wellness Center prior to your visit.**
- **Well-bucks will return during this Phase and promotional items can be acquired.**

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