



AARC Senior Program Modified Operation Guidelines

Starting August 30th, AARC will offer limited wellness classes at the facility and continue virtual classes. Due to the City of Austin rise in COVID-19 cases and currently in [stage 5](#), we are limiting capacity to onsite senior program wellness activities for the safety of community and staff.

Registration

- Pre-registration is required for any class/activity offered at this time. Registrations need to be made ahead of time. You will not be permitted to come in the facility without a registration. **No Drop-Ins will be allowed.**
- Pre-register for a class/activity by emailing AARC@austintexas.gov or call us at **512-974-1700**. If no one answers, please leave your name, phone number, and language. We will return your call as soon as possible.
- Pre-registration is on a first come first serve basis, one RSVP allowed per day.
- The class/activity schedule is subject to change due to COVID-19 measures. We will make every effort to provide this information as it occurs.
- If you are a current senior program participant, you will not need to complete a new registration/waiver form at this time. If you have changes to the information on your current waiver or would like to join the program, please let staff know and they will provide you with a form to complete.

Classes

- On-site classes will have limited capacity of 10 people per class and 2-week pre-registration required.
- On-site ping pong will have limited capacity of 2 people per session, 2-week pre-registration required.
- Participants will be allowed into the building starting 10 minutes before class is set to begin. Senior programming is only happening in the ballroom.
- Restrooms are open to program participants only.
- Tables and chairs, exercise pods, etc. will be arranged to promote social distancing. Please do not move or rearrange them.
- Personal items need to be packed up and participants need to exit the facility immediately after class.
- No lingering in the building after class so staff can sanitize rooms and equipment.
- We recommend that you bring your own supplies, equipment, water bottle, etc. for the class/activity you attend. Some equipment will be available, but you must sanitize it before and after the class/activity.



Health and Sanitation

- Participants must check-in and out at the center's main entrance. Check-ins will require a **"Health Screening"** which will include health status questions and temperature check. Anyone answering YES to any of the questions, refusing to participate in the screening or have a temperature of 100 degrees or more, will not be allowed into the facility. Your cooperation is vital to the success of facility operations and safety.
- Participants will need to sign in when they enter the building.
- **Face masks are required.**
- We promote and adhere to **social distancing of 6 feet.**
- Please wash and sanitize your hands often. Hand sanitizer is available throughout the building.
- We are implementing extra cleaning and sanitizing protocols throughout the facility and before and after classes.
- If you are not feeling well, please stay home.