



ROWES WHARF HEALTH CLUB & SPA

ROWES WHARF HEALTH CLUB HEALTH & SAFETY UPDATES

Issued: July 27, 2020

ROWES WHARF HEALTH CLUB

Gym Facility and Swimming Pool Open for Hotel Guests beginning on Monday, July 27

Take comfort in knowing the Boston Harbor Hotel's highest priority remains the health and safety of our associates, guests, neighbors, family & friends. Should you wish to utilize the Rowes Wharf Health Club upon your upcoming stay, please know that we have escalated our health & safety precautions and revised our policies & procedures to ensure that everything we do meets or exceeds the guidelines set by both the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). We will continue to elevate our standards as best practices evolve. To review our complete Boston Harbor Hotel Health & Safety Guidelines, please visit www.bhh.com/travel-update.

We encourage you to review the new policies and procedures below in which summarizes what you should expect when you visit the Rowes Wharf Health Club.

Gym Facility:

- All guests wishing to use the gym will need to make an appointment in advance for a 45-minute session, starting every hour on the hour from 6AM until 8PM daily. The gym will be limited to 3 users at a time (although you may be joined by a masked personal trainer from our approved list, should you wish).
- To make your pool reservation with our team, please call us at (617) 856-7728 or email concierge@bhh.com to reserve your time. Each 45-minute session must conclude at 45 minutes past the hour to allow our staff to sanitize the room for the next visitors. You may reserve your place up to 24 hours in advance only; please do not ask us to reserve space more than 24 hours out as we are trying to be fair to everyone, as well as allow some hotel guests access to the facility.
- Changing rooms, showers, steam room and saunas will not be open at this time. Gym users will need to bring their own workout wear and sweat towels for each visit. Chilled towels will not be available.
- Gym users are expected to fully wipe down machines and equipment immediately after each use. We are also asking users to maintain at least 14' of distance between you and your fellow gym guests. Some machines, treadmills and cross-trainers in particular, have been temporarily suspended to ensure appropriate distancing.

- We encourage you to arrive for your scheduled gym visit a few minutes prior to your appointment, and check in with the concierge or a member of the hotel's front of house team who will escort you to the guest elevator and provide access to the gym for your 45-minute session.
- In efforts to stay within the restrictions imposed by the state and city, we are limiting the number of visitors per hour. Gym users are asked to wear face masks upon arrival and departure, removing them only during periods of strenuous activity. We ask you to be respectful to other users and hotel associates by observing this rule.
- No refreshments are available at this time. Disposable cups will be available to use with the water dispensers. The relaxation room and lounge are both closed until further notice. Thank you for not lingering before or after your workout, to ensure social distancing is observed at all times.

Indoor Swimming Pool:

- All guests wishing to use the swimming will need to make an appointment in advance for a 45-minute session, starting every hour on the hour from 6:00 AM until 11:45 AM (last admission at 11:00 AM) and again from 7:00PM to 8:45PM daily (last admission at 8:00 PM). The pool will be limited to 3 swimmers at a time.
- The pool will be available for children/family swimming from 1:00 PM until 6:45 PM (last admission at 6:00 PM) daily.
- We will allow a maximum of 8 people to use the pool during family swim times, with the expectation that people maintain a 6' distance from others who are not part of the same family group.
- There will be no shared equipment (i.e. floats) available at this time.
- To make your pool reservation with our team, please call us at (617) 856-7728 or email **concierge@bhh.com** to reserve your time. Each 45-minute session must conclude at 45 minutes past the hour to allow our staff to sanitize the room for the next visitors. You may reserve your place up to 24 hours in advance only; please do not ask us to reserve space more than 24 hours out as we are trying to be fair to everyone, as well as allow some hotel guests access to the facility.
- Changing rooms, showers, steam room and saunas will not be open at this time. Pool users will need to bring their own towels for each visit.
- We encourage you to arrive for your scheduled pool visit a few minutes prior to your appointment, and check in with the concierge or a member of the hotel's front of house team who will escort you to the guest elevator and provide access to the pool for your 45-minute session.

- In efforts to stay within the restrictions imposed by the state and city, we are limiting the number of visitors per hour. Gym users are asked to wear face masks upon arrival and departure, removing them only for your swim session. We ask you to be respectful to other users and hotel associates by observing this rule.
- No refreshments are available at this time. Disposable cups will be available to use with the water dispensers. The relaxation room and lounge are both closed until further notice. Thank you for not lingering before or after your workout, to ensure social distancing is observed at all times.