

KNOTT ATHLETIC RECREATION CONVOCAATION COMPLEX (ARCC)



The Mount Safe Initiative seeks to safeguard the health and well-being of all members of the Mount community during the COVID-19 crisis while fostering student success. Our policies and procedures will be updated as our knowledge about and understanding of the virus evolves.

DETAILS

- The ARCC opens to Mount students, faculty, administrators and staff on August 25 at 10 a.m.
- Changes have been made to facilities, operations, guidelines and procedures to help reduce the risk of COVID-19 exposure and transmission within the ARCC as a result of participating in programs and services. All changes have been developed using federal, state and university guidelines.
- Reservations are required using the [IMLeagues app](#). Guests, including dependents of employees, are not permitted to reserve space in the ARCC at this time. [Download the app](#) and get started.
- The following areas are available to reserve by clicking on the Facility Reservation tab in IMLeagues: Upper level of PNC Fitness Center for cardio (11 cardio machines and 1 bodyweight workout space); lower level of PNC Fitness Center for strength; full circuit weight machines in the field house; 6 half courts (maximum of 2 people per court per time slot) in the field house for basketball, soccer or bodyweight workouts;

group exercise studio where activities permitted will be core work, bodyweight workout and stretching (tubing, medicine balls and Bosu Balls will be available); and indoor track.

- Hours of operation are from 10 a.m. to 8 p.m. Monday through Friday and noon to 6 p.m. Saturday and Sunday.

BASIC RULES

- Masks are required at all times while inside the ARCC, including when exercising and using equipment.
- Access the ARCC by using the west entrance doors (those facing main campus). All other exterior doors will be locked.
- Please bring your Mount issued ID to check in at Registration desk.
- Once checked in, proceed to reserved area.
- Workouts will have time limitations that vary depending on area reserved.
- Please bring your own towel; towel and locker service has been suspended.
- Please bring your own mat for stretching or working out.