



**For Immediate Release**

**Date:** February 18, 2021

**FMCH Opens Indoor Walking Track**

Fort Madison Community Hospital (FMCH) is opening the indoor walking track to public use effective **Monday, February 22, 2021**.

Here is what you need to know to be an approved walker:

- The indoor walking track is located in the FMCH Outpatient Rehabilitation Center.
- It will be open for public use Monday – Friday, 7:00 a.m. – 5:00 p.m. (with the exception of 12 noon – 1 p.m.)
- The number of walkers will be limited to 6 per hour.
- **Walking is by appointment only.**
- Appointments can be made by calling **319-376-2198** Monday-Friday between the hours of 7 a.m. – 11 a.m. and 1:00 p.m. - 4:00 p.m. Do NOT leave a message - we will not be responding to messages left at this number.
- Appointments will be scheduled as received, and can be made on a weekly basis, starting on Friday for the following week.
- All walking times will be limited to 45 minutes with appointments made on an hourly basis.
- All COVID-19 restrictions will apply. Masks are required and social distancing will be enforced.
- All walkers need to enter through the Outpatient Rehabilitation Services Center and be screened for COVID-19.
- Walkers are discouraged from loitering in the facility either before or after their designated walking time and they must stay on the walking track.
- Walkers are also asked to avoid parking in patient parking spots next to the Rehab building.
- FMCH employees will also be using the indoor walking track throughout the day.

The outdoor walking path around the pond at FMCH is also maintained for outdoor use.