Member News

- **Updated Mask Policy:** As of August 4, members and staff in the Lakeshore facility will be required to wear a mask except in the pool.

As Alabama and the nation experience a surge in COVID-19 cases and hospitalizations, we have spent a great deal of time considering what our role should be in ensuring Lakeshore is as safe as possible for our staff and members. The CDC recently updated their guidance to recommend that fully vaccinated people wear masks in public indoor settings in areas of substantial or high transmission. After much consideration and evaluation of our current community status, as well as CDC and local public health guidance, we are implementing our mask requirement again as of August 4. Our Recovery Team, a cross-section of staff and with member representation, continues to meet weekly, reviewing the latest COVID information and practices. As circumstances change we will continue to update our policies.

We strongly encourage you to be well informed, get vaccinated if eligible, and practice social distancing and frequent hand washing. For more information on how to prevent getting sick, visit the [CDC website](https://www.cdc.gov). While we considered many perspectives, we believe this course best protects everyone, especially those most at-risk. If you have any questions, please contact Jen Allred or a member of our leadership team.

- **USA Wheelchair Rugby** will be at Lakeshore August 9-16 for their final training camp prior to leaving for the Tokyo 2020 Paralympic Games. As with previous camps, Court 3 in the Fieldhouse will be closed and members and staff are not allowed to watch practice to maintain the team's bubble.

### Celebrate with Us!

We are just one week away from [Celebration of Champions](http://example.com) and we can't wait! To those of you who have already registered to attend, thank you! If you have not, there is still time.

During the event on August 12, Lakeshore's wifi will be temporarily turned off. If you are at Lakeshore during the event, we encourage you to watch with us at one of our viewing locations: Sington Room, Lobby, Fieldhouse, and Fitness Center. Each location will be set up for social distancing.

Don't forget that Lakeshore to Tokyo Participants who register and attend will receive 1,000 miles!

### Your Weekly Reservations

- **August 2-7 Fitness Classes**
- **August 9-14 Fitness Classes**

Beginning August 10, Seated Zumba will be offered Tuesdays from 12-12:30 in the Group Fitness Room. Just like our
Zumba class, Seated Zumba features a series of easy-to-follow dance moves focusing on improving balance, strength, and flexibility, while raising your heart rate and improving cardiovascular fitness. Moves can be performed in a chair or wheelchair. Open to all fitness levels.

Fitness Schedule as of 8/9

Hammerfest is almost here!

Birmingham’s Hammerfest cycling event is less than two weeks away. Now is your chance to register for the handcycle division in the August 14 competitive CRIT race or inclusive Hammer Ride on August 15. Visit birminghamhammerfest.com to register. A limited number of Lakeshore handcycles and recumbent bikes are available for members to use for the event.

Team USA Set for Tokyo Paralympics

Today the full Team USA roster for the Tokyo 2020 Paralympics was released. We can’t wait to cheer on this 240-member team August 24-September 6. In addition to the USA Wheelchair Rugby Team that trains at Lakeshore, we are also proud of former Lakeshore youth athlete and Birmingham native Brian Bell who will compete on the men’s wheelchair basketball team. You can watch the action on the networks of NBC. Be on the lookout for a detailed schedule and how you can watch.

Staff Spotlight: Meet Kelly Sides

Up next in our Staff Spotlight series is someone you may not see but you hear from them very often - our digital and social media specialist Kelly Sides. Learn about what she is currently reading and her favorite hobbies.

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