

FITNESS CENTER COVID-19 GUIDELINES

All patrons MUST adhere to the following guidelines to enter the facility:

- All patrons are subject to temperature checks
- **Patrons may NOT be granted entry and may be asked to leave the facility if a staff member suspects and/or witnesses a fever, persistent cough, frequent sneezing, or other active illness-related symptom(s)**
- All patrons MUST sanitize their hands upon entry
- **Athletic apparel should cover as much exposed skin as possible**
 - **Armpits and core area MUST be covered**
 - **Avoid direct skin contact with facility equipment/furniture**
- Masks are preferred but NOT mandatory
- **Social distancing of at least 6 feet between patrons must be practiced**
- ONLY closed water bottles are permitted within the facility
- **NO gym bags (small or large) are permitted within the facility**
- Patrons MUST clean and sanitize equipment upon completion of their sets with disinfectant spray and/or wipes
- **Facility water fountain(s) will NOT be accessible**

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All patrons MUST adhere to the following guidelines to enter the facility:

- **All equipment will remain adjusted or restricted to adhere to social distancing requirements**
- Patrons' time access within this facility will be limited to 60 minutes
- **This facility will adhere to a maximum capacity of 18 people at one time**
- No more than 6 people are permitted in a single section at one time
 - 3 sections: Cardio Deck, Machine Weight, Free Weight
- **No group training (no more than 2 people) UNLESS the patrons arrived and/or live together and assume the risk**
- No circuit training
- **The Fitness section is closed, including access to kettle bells, medicine balls, slam balls, etc.**
- Due to social distancing measures, Free Weight exercise spotters are prohibited
- **Absolutely NO loitering (non-cohabitating patrons will be asked to leave)**
- NO lying on the floor for core work
- **NO sitting on equipment between sets**