



COVID-19 REOPENING GUIDANCE

GENERAL GUIDANCE

- All staff and members must wear a reusable/washable cloth face covering over their nose and mouth when in the facility and not actively engaged in workout (e.g. sitting on bench, listening to instructions, resting, talking with others in work-out/fitness room, etc.). But when working out, no face mask is required by member as it may make it difficult to breathe
- Hand washing will be performed upon arrival and between workouts for staff and members
- Staff must stay at least 6 feet apart from other staff and members at all times
- Members must stay at least 6 feet away from staff and other members at all times
- Staff and members should not be present in the facility if they feel sick
- Member will be asked screening questions at each check-in to the facility
- Hand sanitizer will be available in each room

CLASS PARTICIPANTS

- Classes will be held outside when possible
- For indoor classes, members will enter the door nearest the room the class is held in
- Class participants are required to thoroughly clean and disinfected used equipment (machines, benches, bars, dumbbells, weights, sporting equipment, etc.) after each use
- Group class participants must remain 8-10 feet away from other members
- Class attendance is by appointment only and scheduled prior to the class
- Members are required to clean all equipment and weights used in class with disinfectant provided
- If necessary, members should bring their own mat for each class

PERSONAL TRAINING

- Staff and member must remain 6 feet apart at all times
- Staff will wear a facemask
- Physical contact is not allowed at this time