HEALTH & SAFETY GUIDELINES

What is Covered:
- Our Commitment to Safety
- Member Expectations
- Know Before You Go
- Locker Room & Shower Area Guidelines
- Exercising with a Face Mask
OUR COMMITMENT TO SAFETY

We have made the following changes to maintain the highest levels of cleanliness, safety and physical distancing.

INCREASED SANITATION

We have implemented heightened cleaning measures to ensure the health and wellbeing of our employees and members. We are disinfecting equipment and high touch surfaces more frequently, providing easy access to sanitation products for our members, and closing the facility as needed for a more thorough cleaning. Please view our HVAC Assessment Chart for information about facility air quality. Additionally, there are air disinfection devices added to each classroom.

PRIORITIZING PERSONAL SPACE

To ensure you have the space you need, equipment is spaced out and certain pieces are taken out of use. Reservations are required for entry, and members are asked to complete their workouts in a timely manner to limit the number of patrons in the facility at one time.

MEMBER EXPECTATIONS

Cleaning is the new cool-down! Members are asked to wash or sanitize hands frequently, wipe down all equipment before and after use, and wear a mask at all times regardless of vaccination status. If you are not feeling well or think you may have been exposed to COVID-19, please stay home!
**MEMBER EXPECTATIONS**

**Stay at home**
if you are feeling sick or are living with a family member who is ill.

**Practice good hygiene**
by washing your hands with soap and water or using hand sanitizer.

**Wear a mask or face covering (even if you are vaccinated)**
at all times, even when exercising.
Experts suggest bringing two masks in case one gets wet. Wet masks are less effective in containing respiratory droplets.

**Practice physical distancing**
from others while on the fitness floor.

**Wipe down equipment**
with provided disinfecting wipes and use hand sanitizer before touching equipment.

**Complete your workout in a timely matter**
so that others may utilize the facility.

Please **NO** socializing, cell phone usage, or loitering.

Thank you for your cooperation!
KNOW BEFORE YOU GO

1 Reservations are required. Learn how to make a reservation and read the Member Code of Conduct on our [website](#).

2 Guests are not permitted in the facility at this time.

3 Water fountains are closed but you will be able to fill your own water bottle at the bottle filling stations.

4 We suggest bringing these items from home:
   - Refillable Water Bottle
   - Face Covering/Mask (bring an extra one)
   - Workout Towel
   - Personal Use Items (such as mats)

5 Locker rooms are reopening mid-May. Cubbies are also available on the fitness floor.

6 At this time, we are not be able to provide the following amenities:
   - Sauna
   - Steam Room
   - Whirlpool

WHAT TYPE OF MASK IS GOOD FOR EXERCISE?

Try a multi-layer mask with an inner layer that will wick away moisture and is easy to clean. The mask should fit snug against the face even when you are engaged in activity. Adjustable ear loops can help with this.

Please be aware that neck gaiters or buffs, masks with valves, and masks that are open at the bottom (i.e. bandanas) are not permitted in the facility.
**LOCKER ROOM & SHOWER AREA GUIDELINES**

**DO**

- Wear a mask at all times except when showering.
- Contact **staff** if you want a rental locker.
- Keep at least a 6-foot distance between you and other patrons at all times.
- Use standard size locks to secure your belongings. Small locks like the ones used for luggage are not permitted.
- Use daily lockers that have a green circle magnet and no lock. The green circle indicates that they are properly distanced from each other.
- Remove your belongings at the end of your workout if you are using a daily locker.

**DON'T**

- Use showers labeled "CLOSED" or mirrors labeled "DO NOT USE."
- Enter the sauna, steam room, or whirlpool area. They are closed at this time.
- Remove the green circle from a daily locker at any time.

Thank you & enjoy your workout!
**REMEMBER SAFE-T**

**EXERCISING WITH A FACE MASK**

**Shorter workout intervals**
Reduce workout times and extend rest periods.

**Acclimate to the mask**
Gradually increase workout intensity over time.

**Fill up your reusable water bottle**
Stay hydrated throughout your workout.

**Extra mask**
Bring an extra mask as wet masks are less effective. Wash hands after changing masks.

**Talk test**
Can you carry on a conversation comfortably? If not, your workout may be too intense.

**ADDITIONAL CONSIDERATIONS**

Your heart rate (HR) and rate of perceived exertion (RPE) may increase with a mask on. This is normal.

If you have not exercised recently, start out slowly and gradually build up your intensity.

If you feel dizzy, light-headed or short of breath when exercising, please take a break immediately and look for a place to sit down.

If you have known cardiovascular or pulmonary issues, speak with your health care provider before starting an exercise program. In these cases, it may not be safe to exercise with a mask on.