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 twice a day to perform a more thorough cleaning.

PRIORITIZING PERSONAL SPACE

To ensure you will have the space you need, equipment has been spaced out by 10 feet and certain pieces have been taken out of use. In addition, reservations will be required for entry, and members will be asked to complete their workouts in a timely manner in order to limit the number of patrons in the facility at one time.

MEMBER EXPECTATIONS

Have you heard? Cleaning is the new cool down! Members are asked to wash/sanitize hands frequently, to wipe down all equipment before and after use, and to wear your mask at all times. And if you are not feeling well or think you may have been exposed to COVID-19, please stay home!
INCREASED SANITATION
by washing your hands with soap and water or using hand sanitizer.

Practice good hygiene
by keeping a 10 foot distance from others while on the fitness floor.

Practice physical distancing
so that others may utilize the facility.

Wear a mask or face covering
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.

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

Complete your workout in a timely matter
Please NO socializing, cell phone usage, or loitering.

Thank you for your cooperation and please enjoy your workout!
**Know Before You Go**

1. **Per Miami-Dade regulations, we will not be able to provide the following amenities:**
   - Locker Rooms and Showers
   - Towel Service
   - Sauna
   - Steam Room
   - Whirlpool
   - Small Equipment Check-Out

2. **Reservations are required.** Learn how to make a reservation and read the Member Code of Conduct at wellness.med.miami.edu/reservations.

3. **Guests are not permitted** in the facility at this time.

4. **Please arrive in your workout clothes and bring only these items:**
   - Refillable Water Bottle
   - Face Covering/Mask (bring an extra one)
   - Workout Towel
   - Personal Use Items (such as mats)

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

6. **Cubbies for your belongings are available** on the fitness floor. Small items (i.e. car keys) may be left at the front desk.

**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 masks with valves and masks that are open at the bottom (i.e. bandanas) are not permitted in the facility.
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.
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<tr>
<th><strong>DO</strong></th>
<th><strong>DON'T</strong></th>
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<tr>
<td>• Cover your nose and face.</td>
<td>• Wear a mask that restricts your breathing during regular daily activities (such as the N95).</td>
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<tr>
<td>• Wear a mask that is comfortable and snug around your cheeks and nose. Try not to fidget with the mask while you are exercising.</td>
<td>• Touch your eyes, nose or mouth when removing your mask.</td>
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<td>• Wash your hands <strong>before</strong> putting on your mask and <strong>after</strong> taking off your mask. Use soap and water or hand sanitizer that contains at least 60% alcohol.</td>
<td>• Wear a mask with valves or that are open on the bottom when exercising as these will release respiratory droplets.</td>
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<td>• Remove your mask by the ear loops because the front of the mask is where germs will collect.</td>
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<td>• Have a few (or several!) cloth masks so there is a clean, dry mask ready for each workout. Any laundry detergent will be fine for washing cloth face masks.</td>
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**WHAT ABOUT GLASSES?**

For people who wear glasses, sometimes they fog up if too much air is released near the nose of the face mask. Readjust the mask to be snug over the nose.

Washing glasses with soapy water, without rinsing, and letting them dry prior to wearing a face mask can also reduce fogging.

**SOURCE**

"Exercising with a Face Covering: Safety Do's and Don'ts", June 2020, American Council on Exercise