

Re-Entry Code of Conduct

Together we can reduce the spread of COVID-19

- Wear PPE masks and monitor our intensity level while exercising
- Do not visit the facility if you are sick, experiencing a cough, shortness of breath, sore throat, had a fever in the last 48 hours, or showing any other symptoms of COVID-19
- Make an appointment if you need to speak with a staff member in person
- Practice proper personal hygiene at all times
- Practice CDC guidelines on social distancing at all times
- Closely follow all building wayfinding, room capacity, and queuing signage
- Clean all equipment you come in contact with both before and after use with the provided cleaning solutions
- Only use one piece of equipment at a time (i.e., no circuits or "super setting") so that machines are easily cleaned after each use
- Consider limiting workout length to avoid unnecessary exposure, decrease congestion, and allow for additional sanitization
- Consider pre-planning your workout routine to avoid lingering/ socializing to allow other members to workout due to reduced occupancy/distancing
- Bring your own personal exercise equipment: yoga mats, bands and tubes, foam rollers, towels, etc.
- Refrain from working out with a partner or in groups (to include family members and/or roommates)
- Refrain from spitting in a water fountain or trash can
- Please let a staff member know if you witness anyone not following these guidelines or you feel unsafe at any time
- Provide your feedback on your experience to the facility whenever possible



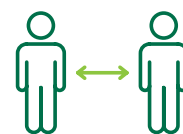
Wear a mask/
face covering



Wash hands
often



Stay home
when sick



Stay 6 feet away
from others