



## COVID-19 Guidelines

Updated 11/6/20



### Please review this set of check list questions:

- Have you had a cough or sore throat?
- Have you had a fever, or do you feel feverish?
- Do you have shortness of breath?
- Do you have loss of taste or smell?
- Have you been around anyone exhibiting these symptoms within the past 14 days?
- Are you living with anyone who is sick or quarantined?

If the answer to any of these questions is yes, **PLEASE STAY HOME.**

### General Guidelines:

- Per Governor Janet Mills' Executive Order Mask Mandate on 11/5/20, face masks are now **REQUIRED** at all times in the facility. If you are participating in a high intensity class that we offer in the aerobics room or cycling room, you do not need to wear a mask as we have adequate spacing per the state guidelines for fitness centers.
- Please practice social distancing while in the parking lot, entering the building and while utilizing the facility. We ask that you please distance yourself at least one piece of cardio equipment away from others unless you are side by side with a member residing in the same household.
- After you check-in at the front desk, please wash your hands in the locker room before working out.
- Hand washing and hand sanitizing is recommended to be done often.
- Please sanitize all of your equipment and touch points after you are done by using our provided sanitizing spray and paper towels.
- For the time being, towel service is suspended, saunas are not usable, and tanning is not available. We hope to bring back some or all of these amenities soon.



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### What We are Doing:

- Added sanitizer stations throughout the facility
- Hand sanitizer and face masks are provided at the front door for those who do not have one.
- Added signage throughout the facility about face coverings, social distancing, and sanitizing.
- Staff is consistently cleaning/sanitizing the main lobby, front desk, entrance, and common areas.
- We have a member of our staff dedicated solely to cleaning/sanitizing the facility including equipment, common areas, lobby, entrance, locker rooms, door handles and other touch points.
- We have an outside company who comes in at night to deep clean/sanitize the locker rooms.
- We have reduced the number of attendees for classes to allow for proper spacing.
- Our outdoor workout area "Turfside" is available with your membership to use if more comfortable outdoors.
- The air filters are regularly changed in our HVAC system.
- We have increased the air exchange, allowing more fresh, outside air to come into the building while removing more inside air.

**Please be patient and courteous to all as we navigate these difficult times. We look forward to having you workout with us!**

**THANK YOU!**