

# POLICIES AND PROTOCOL

## The Wellness Center Recommends:

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- Vulnerable populations are strongly encouraged to stay home.
- Modify high intensity workouts (i.e. running, HIIT) while wearing a mask.

## The Wellness Center Requires:

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- Be in good health- a temperature  $\leq 99.7$ .
- Wear face mask.
- Only 40 members in the building at one time.
- Limit workout to 75 minutes when others are waiting.
- No tank tops permitted. Shirts must have sleeves.
- Social distancing of at least 6ft from each other.
- No new members and no guests are permitted.
- No in-person sales.
- Clean all equipment before and after use.
- No bags bigger than a fanny pack are permitted.
- Bring your own water bottle.
- No towels permitted.
- In the event of a medical emergency, the building will be closed and cleared.