

# 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. Members are not permitted to wait inside the building.
- Limit workout to 75 minutes when others are waiting.
- Social distancing of at least 6ft from each other.
- No guests are permitted.
- Clean all equipment before and after use.
- Bring your own water bottle.
- In the event of a medical emergency, the building will be closed and cleared.
- Pool lane reservation is required before entering facility.