

As of March 11, there are no cases of Coronavirus (COVID-19) at Shepherd University.

Dear Wellness Center Family,

The Wellness Center has ramped up its cleaning protocol to help keep our students and members safe. Here are things we are doing in preparation for combating germs and viruses. We are:

- using a hospital-grade disinfectant on all surfaces and equipment;
- washing all of our mats and blankets;
- wiping down every piece of equipment we have on every single shift (approximately 4 times a day);
- restocking all of our hand sanitizer stations and have added three more, giving us a total of 10 stations;
- setting off Saniguard Total Release foggers in all of our locker rooms and weight fitness areas;
- posting signs around our facility on how you can stay safe; and
- canceling classes geared towards vulnerable populations.
 - **Tai Chi and Exercise is Medicine classes are canceled until further notice.**

Here is how you can help us keep our facility safe and clean:

1. If you are sick, please stay home for the safety of others.
2. Do not share equipment with others.
3. Wipe down equipment before and after use (this includes plates and dumbbells).
4. Grab a free towel from our front desk and use it as a barrier between you and all surfaces (i.e. mats and benches).
5. Bring and use your own mat.
 - **Beginning March 18th, all workout mats will be taken off the gym floor and out of the group exercise rooms. Members will need to bring their own mat or use a towel from our front desk. We will also have mats for sale.**
6. Avoid touching your face, mouth, eyes, and nose.
7. Wash your hands or use hand sanitizer immediately after going to the bathroom and working out.

Going to the gym during times of stress has shown to help ease anxieties. We are planning to stay open and are here to help you be well! Please sign up for our text alert service at our front desk to stay updated.

Sincerely,
Wellness Center Staff