

# Member Guidelines and FAQs

## Please Don't Use The Club If:

- You are sick or have experienced symptoms of Covid-19 in the past 14 days:
- Fever/chills
- Dry cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- You have had a positive Covid-19 test in the past 14 days.
- You have had close contact with a confirmed or suspected Covid-19 positive case in the past 14 days.

## Our Mask Policy:

- We require that you wear a mask when entering the club and exiting the club, and anyplace within the club that you are unable to socially distance yourself from other members (moving between equipment, walking to the locker room or between rooms, etc).
- We've made every effort to distance our equipment and workout areas in excess of the 6 ft recommended by the CDC. Therefore, you DO NOT need a mask when you are working out on a piece of equipment, or in a room with workout areas indicated by floor markings or distanced equipment.

## Using The Locker Room:

- Please maintain a 6 ft. social distance while waiting to enter the lavatories and approach the sink area.
- We recommend that you wash your hands regularly while visiting the club.
- Please leave valuables at home while our facilities are temporarily restricted.
- Showers, sauna, lockers, and seated vanities are temporarily unavailable.
- Members may want to consider the use of a waist belt/bag or small gym bag to carry their phone or wallet. A limited number of bags may be available for purchase at the front desk.

## General Reminders:

- Remember to clean equipment before and after you use it, including weights, bars... anything you touch.
- Don't congregate at the front desk, lobby area, or anywhere else throughout the club.
- Take turns entering and leaving the building to maintain social distance, especially in the vestibule and through the locker room.
- Latex gloves are not required, but some members like them.