

## Main Gym, and Fitness Center Protocols

### Main Gym:

- Gym user(s) must check-in and check-out using the sign-in sheet at the main monitoring station. This does not track proof of vaccination and the information will not be recorded in any way. Gym user(s) must show current ID (student/staff ID or driver's license) to the building monitor.
- Gym user(s) must be dressed in gym attire and bring their own towels and water bottles. If the participant needs to wipe off, they must bring their own towel; towel service is not provided. Personal water bottles can be brought to the gym, but participants must step outside the gym to drink. NO FOOD ALLOWED.
- Gym user(s) will need to wash hands frequently using provided hand sanitizer or bathroom sink.
- Masks are optional.
- Gym user(s) must enter through the upstairs westside doors and exit through the northside doors in the main gym.
- Restrooms are available upstairs, but no changing clothes will be permitted. No congregating in the gym facility.
- Gym user(s) must be actively participating in physical activity and not sitting around congregating.

### Fitness Center:

- Fitness center user(s) must check-in and check-out using the sign-in sheet at the fitness center monitoring station. This does not track proof of vaccination and the information will not be recorded in any way. Fitness center user(s) must show current ID (student/staff ID or driver's license) to the building monitor.
- Fitness Center user(s) must be dressed in gym attire and bring their own towels and water bottles. If the participant needs to wipe off, they must bring their own towel; towel service is not provided. Personal water bottles can be brought to the fitness center, but participants must step outside the fitness center and gym to drink. NO FOOD ALLOWED
- The Fitness Center will have a capacity limit of 15 participants (1 hour time limit per participant).
- Individual headsets may be used when listening to music, no phone usage for phone calls inside the Fitness Center or Gym.
- Masks are optional.
- Fitness Center user(s) must enter and exit through the lower westside doors.
- Fitness Center user(s) cannot use equipment (ex: weights, jump ropes or bands) in hallway.
- Fitness Center user(s) must immediately clean equipment after each use using the disposable wipes provided.
- Locker rooms are available for storing personal items and changing clothes.
- Fitness Center user(s) must bring their own lock to lock their belongings and store their personal items at their own risk. No locks will be issued by the athletic department. No overnight storage of personal items. Fitness Center user(s) must retrieve their items the day they exercise.
- Showers are open and available only during open fitness center times. Users must give themselves at least 20 minutes before closing time. Anyone who uses the showers must leave the locker room by the time Fitness Center closes.
- Must bring your own personal towels. No towel service available.

**If any Main Gym or Fitness Center user is sick or showing any covid symptoms, they will be asked to leave immediately.**