

NEW WRAC Covid-19 - Phase 2 Fitness Center and Class

Safety Protocols and Procedures

Un-register and do not attend if you have experienced any of the following Covid-19 related symptoms in the past 24 hours: fever (100.4+), cough, chills, headache, sore throat, shortness of breath, muscle pain (unrelated to exercise) or loss of smell or taste.

You cannot enter if you have been:

- **Diagnosed with COVID-19 (have not recovered or are still within the required 10-day isolation period)**
- **Have had symptoms of COVID-19 (within the last 24 hours),**
- **Have had contact with a person that has or is suspected to have COVID-19 (within the last 14 days)**

FITNESS CENTER PROCEDURES:

- Enter front door, use hand sanitizer and walk straight through to check in at the personal training desk
- Disinfectant spray bottle and microfiber cleaning towel will be provided to clean equipment before and after use
- Mask use is required when going to and from workout and walking around the facility.
- Masks may be removed during exercise session when maintaining appropriate distance of at least 6' apart from other members.
- To clean equipment, spray disinfectant on towel first and wipe all surfaces that have been touched during your workout. Deposit used cleaning towels in the laundry hamper and return the bottle to the "used bottle" basket after you are done cleaning.

CLASS PROCEDURES:

- Classes are now held in the INDOOR TENNIS COURTS 3.
- Sign up for class on your WRAC APP (mandatory). Do not drop-in for class.
- Check in for class at Personal Training Desk.
- Mask use is required when going to and from class and setting up and taking down equipment.
- Masks may be removed during exercise session when maintaining appropriate distance of at least 6' apart from other members.
- Use hand sanitizer provided before gathering your equipment and after class once you have cleaned your equipment.
- Disinfectant spray bottles and microfiber cleaning towels will be provided to clean equipment before and after class.

THINGS TO BRING & KNOW:

- Bring: mask, personal water bottle, sweat towel, mat for yoga & mat or towel for RIP and ab classes.
- Please limit personal belongings as we will not be providing lockers or storage.
- Drinking fountains, showers and lockers will not be available.

Thank you!

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