



# KEEPING OUR YMCA SAFE



## WELLNESS CENTER HEALTH AND SAFETY GUIDELINES

- Maintain a distance of at least 6 feet from other members and staff that are not from the same household group.
- Wipe down each piece of equipment before and after you use it, using a fresh wipe each time, and dispose of the wipes in the garbage.
- Wash your hands before and after you leave the wellness floor. If it's not possible to wash your hands, use hand sanitizer when you enter and when you leave the area.
- Consider wearing a face covering when you workout.
- Please bring your own towel and water bottle, and keep them with you at all times.
- Limit the items and equipment you touch to only that which you will use.
- Return any equipment you checked out to the "to be sanitized" equipment area immediately after using.
- Use online workouts services and/or reserve personal workout zones when possible.
- Plan your workout routine ahead of time to avoid lingering. Limit your time in the facility.
- Follow all wellness area capacity guidelines to ensure physical distancing.
- If you have the urge to cough or sneeze, put on your face covering (if not wearing) and cover your nose, mouth, and mask with a napkin or tissue and dispose of it in the garbage. Wash your hands thoroughly before returning to your activity.
- Wellness areas are for 14 years and older. Children 8-13 years may use with parent after participating in Youth/Family Orientation. Children under 8 not permitted.

**Thank you for your cooperation.**