

ATTENTION

PLEASE READ FITNESS CENTER GUIDELINES
BEFORE ENTERING

1) MAXIMUM OF 10

ACCORDING TO CURRENT POLK CO HEALTH DEPT GUIDELINES
THE MAX FITNESS CENTER CAPACITY IS 10 PEOPLE AT A TIME

2) DO NOT ENTER IF YOU ARE ILL

OR IF YOU HAVE BEEN EXPOSED TO SOMEONE WHO IS

3) MAINTAIN SOCIAL DISTANCING

6 FEET APART FROM OTHERS

4) SANITIZE AFTER USE

PLEASE USE HAND SANITIZER AND WIPES

5) BRING YOUR OWN

WATER/TOWELS

NO LOCKER ROOMS ARE AVAILABLE

Maximum Occupancy and group sizes will be determined by the County Health Department / WIAA Plan. Currently we are at Moderate Risk Status so 10 people allowed. Fitness Center Members that enter and see 10 people present are asked to leave and return later.

Screening Process:

Fitness Center members and student athletes must perform a self screening before coming to the fitness center including temperature checks. Anyone feeling ill or showing symptoms of illness are asked to stay home and not return for 72 hours. If you are having any symptoms of COVID19, contact your healthcare provider. A test may be required by a physician to confirm either a positive or negative status. Symptoms include:

- Fever over 100.4
- Cough / Congestion
- Shortness of Breath
- Sore throat
- Nausea or Vomiting
- Fatigue
- Headache
- Body Aches
- Diarrhea
- Sudden loss of taste / smell
- Loss of appetite

Anyone with symptoms should not return to the fitness center or other activities until:

1. Fever free (below 100.4) AND Respiratory Symptom free (cough, shortness of breath, etc) WITHOUT use of any medication for at least 3 days (72 hours)
2. Written note required from a medical provider stating contact was made and student athlete or member is cleared to return.

Social Distancing: As a top priority, maintain the six foot distance apart rule and wear a mask if not possible or in high traffic/common areas for the protection of others.

Attendance will be monitored: An attendance log will be kept for all individual or group meetings and building use including: date, time, students/coaches attending. This information will be used should any contact tracing be needed. Fitness Center members will be monitored through the use of the entrance fobs. Any person found misusing fobs or exceeding the current maximum occupancy will be restricted from further use.

Disinfecting: Disinfectant spray is available throughout the Fitness Center. All athletes and members are required to disinfect equipment after use. Additional sanitizing will be done daily during the week.

Hygiene: Lockers will not be available for use. Athletes and members must provide their own towels. Wash hands frequently and after touching fitness equipment. All are encouraged to shower and launder clothing after each workout.

Water Bottles: Drinking fountains will not be available, Athletes and members must provide their own water bottles. Water bottle fillers can be used with a personal bottle.

Read Posted Signs: Please observe the signage posted on doors and throughout the building, stating any restrictions.