

## **RED BROOK HEALTH & WELLNESS CENTER GYM GUIDE / PROTOCOLS**

**Please follow the below guidelines to keep everyone safe.**

- All members, staff, and guests must wear a mask or face covering while entering, exiting, or in common areas.
- All members, staff, and guests must have their temperature taken before gaining full access. Anyone reading higher than 100 degree F will not be admitted. Please see a staff member.
- You must wipe down all touch points, "Red Zones", after using equipment with the provided disinfectant.
- Utilize the self disinfecting Nano Septic surfaces around the gym to minimize germs
- Gym Hours are Monday - Friday: 7 am - 7 pm & Saturday: By appt only or by scheduled classes. 2-3 pm each day is designated cleaning time, access to the facility is not guaranteed.
- All classes and training are by appt or slot reservation only. Drop ins without notification or sign up can not be accommodated because of safety reasons and class preparation.
- You are able to safely workout without a face covering or mask if you're within an individual "green zone" and properly distanced from others. When you exit, please wear your mask or face covering.
- If anyone feels sick, becomes sick, or has been in contact with anyone that has been / is sick with Covid-19, please notify our staff immediately.
- Let us know how we can make you feel more comfortable in the facility and if you'd like a full tour to be guided through our protocols.

**Red Brook Health Staff**