COVID Prevention In The Gym

Best practices to stop the spread

♦Frequently wash hands and use hand sanitizer

♦Spray and wipe down equipment before and after use

♦Wear a mask in all common areas and within 6 feet of others

♦Keep 6 feet away from others when working out♦Consider going to the gym during less crowded times

♦Bring your own equipment if you have it (i.e. yoga mat, bands, weight belts)

♦Bring your own refillable water bottle since traditional water fountains are out of service

♦Do not work out if you are sick or showing symptoms of COVID (fever, headache, loss of taste or smell, nausia, etc)