



## HEALTH AND FITNESS GUIDELINES

1

Wear face coverings when not exercising and maintain social distance of at least 6-ft.



2

Sanitize equipment and exercising areas before & after each use.



3

Fitness classes limited to maximum of 50 participants with social distancing .



4

No more than 5 people in the B-Fit Center at a time.



5

Single-use shower and restroom adjacent to the B-Fit Center is CLOSED.



6

Do not use equipment directly next to someone.



## CUSTOMER BEHAVIORS

### i. Minimum guidelines

1. Members should check for available capacity before going to the facility (5 max at a time).
2. Members should wear face coverings over their nose and mouth whenever not exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
3. If the member has COVID-19 symptoms, they should wait to enter premises until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared
4. Members should clean and sanitize equipment (e.g., weights, treadmills, any equipment used outdoors) before and after use
5. Members should maintain 6-ft. of distance during exercise
6. Equipment should not be shared between members at the same time unless from the same household



### ii. Encouraged best practices

1. Members should arrive at facility dressed in workout attire
2. If practical, members should wear face coverings over their nose and mouth while exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
3. Members should register for group fitness classes. No drop-ins are allowed.

# B-FIT CENTER