

MWR Sports and Fitness

Amended Covid-19 Facility Rules (Bldg 2A Fitness Center)

GENERAL OPERATIONS

- Facility Check-In: Required 100% ID Check and iPad Log entry.
- To limit exposure time within the facility:
 - o Maintain a minimum of 6 feet physical distancing at all times.
 - o Congregating in any area throughout the facility is not permitted.
- Fully immunized patrons (Have received 2 doses of the Covid-19 Shot) are not required to wear a face covering/mask.
- Patrons who have not been vaccinated (Received ZERO or ONE of two vaccination shots) are required to wear a Face Covering/Mask at all times, unless actively utilizing cardio equipment (i.e Treadmill, Crosstrainer/Elliptical, Bike, Rower).
- Lockers at limited capacity are available for use.
- Retail Drinks are available for purchase (Credit Card only).
- Sauna are Secured.

WORKOUT ETIQUETTE

- Wipe down equipment and touch points before and after use.
- To maintain adequate physical distancing, do not use any weight machine directly next to one currently in use
- Personal Workouts only (No partner/group workouts, No spotters).
- Adjust Exercise Load/Intensity accordingly to safely preform personal workouts.
- Limit workout sessions to 60 minutes (Enforced during peak facility hours).
- Exercise in designated, adequately distanced workout spaces only.
- Floor Exercises are permitted with the use of an exercise mat in adequately spaced areas only.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.

Reservations are required for MWR-Led Command PT, walk-in's will not be allowed. Reservations are authorized for exercise sessions led by MWR Fitness Instructors only, and are limited by timeframe/space availability/capacity level/instructor availability. See the front desk for more information.