

GYM COVID GUIDELINES (7.1.21)

If you have any of the below symptoms do not enter the gym.

- Cough, sniffles, shortness of breath or difficulty breathing, chills, headache, sore throat, loss of taste or smell, feverish feeling or a measured temperature greater than or equal to 100.4 degrees.

If you test COVID-19 positive or in close contact.

- You will not return to the gym until you meet the [CDC criteria](#) and have consulted with a healthcare provider.
- Criteria also outlines if you are not vaccinated and come in close contact with a confirmed case.
- You are not required to provide a negative COVID-19 test result.
- You must share with PUSH511 the confirmation you received from the state or local jurisdiction as to when it is acceptable to end isolation and sign the [PUSH511 COVID-19 Release form](#).

In Gym Responsibilities

Mask wearing

- If you are vaccinated you are not required to wear a mask.
- If you are not fully vaccinated we **highly recommend** you wear a mask.

Cleaning

- Clean items you have used in the gym. Bumper plates just need to be wiped where touched.
- **NO CHALK MARKS SHOULD BE LEFT BEHIND ON ANYTHING!**
- Shower stalls are open for use.
 - Spray down the inside of the shower stall after each use.
 - Bring your own towel and do not leave in the gym overnight.

Travel Guidelines - [Read full CDC Guidelines](#).

Vaccinated - People who are fully vaccinated can travel and do not need to quarantine before returning to the gym.

Unvaccinated - People must follow guidelines, quarantine and get tested before returning to the gym.