

## **GYM COVID GUIDELINES (8.9.21)**

### **INSIDE THE GYM**

#### **Masks On**

- When you enter/exit the gym.
- Anytime you are outside of your workout designated area.
- If you are working out on the pull up bar, wall for wall balls or handstand push ups and not 6' apart from someone.
- As you move outside your designated workout area to run or move to the pull up bar or wall.

#### **Masks May Be Off**

- When you are in your designated workout area. Per State & City Health guidelines:
  - “Engaging in other physical activities where the use of a Face Covering is likely to pose a bona fide safety risk;”

#### **Cleaning**

- Clean items you have used in the gym, including pull up bars/rings. Red cleaning buckets located throughout the gym.
- Place used rags in the red buckets by the entrance/exit doors.
- 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.

### **OUTSIDE THE GYM**

#### **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.**

- You will not return to the gym until you meet the [CDC criteria](#) and have consulted with a healthcare provider.
- 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](#).

### **Close Contact with someone who has COVID-19**

- You will [quarantine](#).
- Close contact is defined as someone who has been within [6 feet of an infected person](#) (laboratory-confirmed or a [clinically compatible illness](#)) for a cumulative total of 15 minutes or more over a 24-hour period (e.g., three individual 5-minute exposures for a total of 15 minutes).

### **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. If you are unmasked and in Close Contact to unvaccinated people we request you follow [quarantine](#) guidelines.
- **Unvaccinated** - People must follow guidelines, [quarantine](#) and get tested before returning to the gym.

### **Follow basic CDC Guidelines every day:**

- Wash your hands with soap and water frequently and for at least 20 seconds.
- Use a tissue or if unavailable your elbow to cover your mouth and nose while coughing or sneezing.
- If you are sick, stay home.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.