

GUIDELINES FOR THE PREVENTION OF COVID-19

- 1. Wearing a face covering is required when entering building and on resistance machines.**
- 2. Practice social distancing, 6 feet apart.**
- 3. Use hand sanitizer when entering/exiting fitness center.**
- 4. Log-in preferably using your PSC ID card.**
- 5. Temperature check at front desk.**
- 6. Disinfect fitness equipment with paper towels and solution before and after using equipment.**
- 7. Twenty (20) minute time-limit on cardio equipment.**
- 8. Locker rooms and showers are temporarily closed.**
- 9. Wash hands frequently.**
- 10. Practice social distancing, 6 feet apart.**
- 11. Patience please - Learning how to deal with COVID-19.**
- 12. Thank you for your continued support.**