



We have returned to our original practice years ago of having all members enter through the front doors. This allows us to maintain better security of the facility and provide for the safety of our members and staff. The doors at the pool will be used for exiting only.

We're taking every precaution to maintain a safe and clean environment for you. With that being said, we ask that you commit to the following **COVID-19 Precautions**:

1. You may not enter if you have been diagnosed with COVID-19, have had COVID-19 symptoms, or have had contact with a person who is suspected to have COVID-19.
2. **Do not drink directly from the water fountain**- cups have been provided or you may use your water bottle.
3. **Maintain 6 feet distance from others in the gym and 10 feet distance from others during group classes.**
4. **No congregating in gym, locker room, pool, or pool deck.**
5. **Sanitize equipment after use.**
6. **Restroom, Locker Room, & Shower Guidelines:**
 - Footwear is required at all times
 - Please refrain from gathering in the restroom as we have a limit of 6 at a time (3 in restroom and 3 in changing room/shower area) as others may be waiting to enter.
 - Showers are to be used for rinsing off. Please limit shower usage to 10 minutes. The doors of the facility are locked at 7 PM so members may wish to leave class early in order to rinse off before going home.
7. **Class participants:** Please do not arrive more than 15 minutes prior to class. **Please wait in the waiting room until 10 minutes prior to class** at which time you may proceed back to the classroom area. Do not linger after the class ends.
8. **Aquatic Classes:** Due to social distancing requirements of group fitness classes, we must limit class participation.
9. **Lap Swim & Solo Aquatics:** In order to accommodate more members while still maintaining social distancing requirements, we are limiting participants of lap swim & solo aquatics to 45 minutes.
10. **Maximum of 10 members in the gym at a time.**
11. **Use every other cardio equipment in order to maintain social distance.**
12. **Face masks are required in the waiting room and around the facility.** The only time a face covering is not required is when stationary during exercise.



REMEMBER: The Cantrell Wellness Center is a **NO NEGATIVITY** zone. We thank you in advance for your positive attitude and your cooperation.