



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. **All members must enter through the front entrance** for COVID-19 screening. Due to opening procedures, screening will begin at 7 AM M-F and 8 AM on Saturday. Otherwise, members should arrive 5 to 10 minutes early (**no more than 15 minutes early** for a class to limit prolonged gathering in the waiting room).
3. **Do not drink directly from the water fountain**- cups have been provided or you may use your water bottle.
4. **Maintain 6 feet distance from others in the gym and 10 feet distance from others during group classes.**
5. **No congregating in gym, locker room, pool, or pool deck.**
6. **Sanitize equipment after use.**
7. **Use of locker room limited to restroom use only.** Come ready to get in the pool. Bring a robe/towel so you can shower at home. Only 3 women at a time will be permitted in the restroom. Only 2 men at a time will be permitted in the restroom. No shower use permitted. Maintain social distancing.
8. Class participants: After screening, **please wait in the waiting room until being directed by a Cantrell Center staff member** to proceed back to the classroom area. Do not linger after the class ends.
9. **Aquatic Classes:** Due to social distancing requirements of group fitness classes, we must limit class participation.
10. **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.
11. **Maximum of 10 members in the gym at a time.**
12. **Use every other cardio equipment in order to maintain social distance.**
13. **Face masks are required in the waiting room.** You may wear a face covering (mask, Cantrell Center Hoo-rag, scarf, etc.) for extra protection, though it is not required during exercise.



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