

## **General Protocols for Open Gym**

The COVID-19 online self-check needs to be completed every time you come to campus, located under Coming to Campus on the LCC Covid19 webpage: <https://www.lanec.edu/covid19>.

- Masks are required on campus and in the gym. It needs to cover the nose and mouth (bandanas or buffs are not allowed). Masks are also required under shields.
- Students will enter building on the east side. The building is locked-the instructor will let students in at the appropriate time. Social distancing is required.
- Temperature will be taken before entrance and students will use hand sanitizer before entering (provided)
- Locker rooms are not available
- Two single use bathrooms are available by the locker rooms
- Bring a sweat towel and full bottle of water

### **Protocols while Exercising**

- Students need to wipe down equipment before and after use. Rags and disinfectant are provided.
- Weight equipment is limited to 3 sets or 5 minutes and must be done on 1 machine before using another machine.
- The weight machines will have one direction that they can be used.
- Maintain social distancing at all times.
- Water can be consumed in the gym-please be aware of other students before you pull down your mask to drink water.

**We want students to feel comfortable and safe coming in the gym to exercise. This is a great time to connect with the instructors. A Fitness Lifestyle Specialist student will also be available for questions about machines, exercise or creating a program.**