General Protocols for Open Gym

The COVID-19 online self-check needs to be completed every time you come to campus—it is located on the LCC website https://docs.google.com/forms/d/e/1FAIpQLSdKOJnXaHBCe1me-CCS2ykE81W0ldOKRCvk-B5ezU3vb95oLQ/viewform

- 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.