

Rules and Guidelines for Weight Room

(Guidelines during the Pandemic Period)

- 1. No School Age Students allowed!**
- 2. Maintain social distancing!**
- 3. Wash your hands before going to weight room and after workout.**
- 4. If you feel sick do not enter the building**
- 5. No more than 12 people in the weight room at one time.**
6. Must have your own towel etc...
7. Must bring your own water bottle, you cannot use the water fountain to get a drink.
8. No more than 2 at a station.
9. Wipe down all equipment used.
10. Gymnasium and Locker Rooms are closed
- 11. All active weight room memberships as of March 17th will be extended 3 months.**