

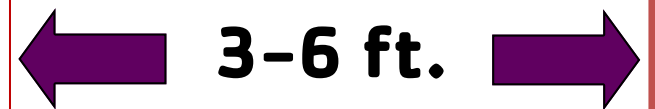


Effective
4/6/21

5 RULES for ENTRY

1. KEEP your DISTANCE.

Depending on the circumstances, the CDC is recommending **3-6 feet** between you and others who are not part of your household. **Personal items** like gym bags, water bottles, towels, etc. should be **kept separate** from others as much as possible.



2. WASH your HANDS (a LOT).

20 seconds of **soap and water** or applying hand sanitizer **will STOP most germs** and viruses including COVID-19 from lingering. Along with **NOT TOUCHING YOUR FACE**, frequent handwashing significantly **reduces** your chances of **infection**.

3. DON'T COUGH on OTHERS.

Face coverings are **advised** but not required for members or staff **if distancing is maintained**, BUT PLEASE COVER your COUGH or sneeze regardless.



4. STAY HOME if you're SICK.

If you are **exhibiting symptoms** at the Y, we will ask you to submit to a health screen, including a temperature check. We will ask staff and members who do not pass to **go home** and not return until fever free for at least 72 hours.

5. KNOW YOUR personal RISKS.

People with **personal health risk factors** should **CONSIDER WAITING** to come back to the Y until the virus has subsided. While we have significantly increased our disinfection practices, we **CANNOT GUARANTEE** a **germ-free environment**.

NOTICE

**USE AT
YOUR
OWN RISK**