

Procedures for UpLift under Covid-19

The safety and well-being of you, our members and our team is our top priority. We have developed the following safety procedures using the CDC guidelines. We ask that you follow these guidelines while in the gym.

Check your temperature

Check your temperature at home before coming to the gym each day. If you have a temperature above 100.4F/38C, are feeling sick, or showing any signs/symptoms of being sick, we ask that you stay home.



Wash your hands

Please wash your hands before entering the gym. And again before leaving the gym. We would like to keep the bathroom doors open and use primarily as a hand washing stations. Please use your bathroom before coming to the gym.



Check-in

Please check-in at every workout. Use a clean stylus for your check-in. Grab a new pencil and keep it in your folder.



Spray bottles

Our cleaning solution meets EPA guidelines as a disinfectant for use against SARS-CoV2. Paper towels are distributed around the floor.



Station markers

Grab 3 markers to mark your workout stations. Our goal is to minimize movement throughout the gym - 1 to 3 stations at a time with you being the only one using those stations. A marker in place indicates the station is in use. Please clean before returning.



Equipment

Bring your own mat or towel. We will have a limited supply of mats to purchase.



Masks

Masks encouraged during low intensity workouts.



Cleaning

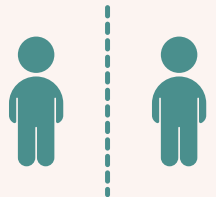
When finished, thoroughly wipe down, move to your next station(s). Include everything in your wipe down, all angles & entire surfaces. *Ex. Dumbbells, bench, bar, battle rope, stability ball etc.*



When cleaning cardio equipment, spray paper towel and not the machine.

Stay 6 feet apart

Stations and foot traffic will be at least 6 feet apart. We ask that you follow social distancing at all times.



Locker room is limited to 2 people at a time. Please wipe down what you touch before exiting.

Appointments

We will not be taking appointments. Our trainers will be available to re-design routines or give out new routines, if appropriate. We will also be cleaning, and answering questions.



Access

We will continue key card access. We ask you abide by these rules at all times.



Drinking Fountain

The drinking fountain will be closed. Please bring your own water.

