

Covid 19 LWRC Gym Guidelines

We are making the Gym as safe as possible. Please do not use the gym if you are sick, someone in your household or place of business is sick, or if you feel you might be compromised. We care about your health. The following guidelines outline proper use of the gym at this extraordinary time:

Gym Reservations

- Make a one- hour reservation online during Peak Hours: 5 AM to 8 AM.
- Be on time. Appointments will not be held.
- First Come First Serve during non- peak hours.
- Cancel Courtesy: If you can't make your appointment, please cancel to give another member the opportunity to workout

Stations

- There are 6 stations inside (4 in gym, 2 in HNA space) and 4 stations (2 ergs-2 bikes) out on the deck. We have weight lifting inside and erg/biking outside.
- Stay within your station, unless the other stations are empty, during the hour.
- Workout on the mat that defines your station, except to retrieve equipment or walk in and out of the room.
- We will provide some props; rollers, balls, but NO yoga mats or bands. They must be cleaned after use. Your hands should be sanitized before use.

Personal Protective Requirements

- Wear a mask at all times. When exercising you may take it off, if uncomfortable. Put it back on when you move off your station to retrieve weights, etc.
- Use Hand Sanitizer.
- Stay 17 feet apart when exercising inside, 6 or more feet when on the outside deck
- For optimal air flow-Keep windows and doors open.
- Turn on the air filter system near the pull up bars
- DO NOT use the central Heat or Air Conditioning.

Sanitation

- Clean your station with provided solutions after working out.
- It is preferred that you bring your own towel for cleaning.
- If you forget, use the provided cleaning rags once, then put in "Dirty" bin.
- Volunteer to take bag of dirty rags and clean them
- Replenish empty "Clean Towel" bin with clean rags that are stored in the kitchen

Questions? Captain Megan Northey: captain@lakewashingtonrowing.com