

COVID-19 GUIDANCE ADULT EXERCISE PROGRAMS

- Adhere to Social Distancing guidelines by remaining at least six feet apart from other program participants. Each person will be assigned an exercise space in the Gym to ensure Social Distancing.
- Face Coverings are required at all times, including during exercise, while in the gym.
- Use of the restrooms is at your own risk – please use good judgement and discretion if you choose to use them. Please bring disinfectant wipes to sanitize touched surfaces before and after use.
- If you feel ill or have a temperature above 100.4, please stay home and/or seek medical attention.
- Anyone who exhibits symptoms (fever, cough, shortness of breath, loss of taste/smell) or has been exposed to the Coronavirus should stay home, seek medical attention and follow guidance outlined by the Centers for Disease Control and Prevention (CDC) and Pennsylvania Department of Health.
- Sharing of mats or any other equipment is strongly discouraged.
- Stop the spread of the Coronavirus and other germs by washing your hands frequently for at least 20 seconds, covering coughs and sneezes, not touching your face, staying socially distant, and cleaning and disinfecting frequently touched objects and surfaces.
- Participants must be pre-registered. Walk-up registrations will not be accepted.
- Registration form must be complete and on file in Recreation Office prior to participation.