

## 2020 MIBC FITNESS CENTER GUIDELINES

HOURS: 7AM-8PM, DAILY

PHASE 2 & 3

8.19.2020

- Members (16yrs+) allowed 2 reservations per week. Member are asked to vary times as a courtesy to fellow members.
- Walk-ups will be granted 15 minutes after the hour, on a space available basis.
- Members billed \$10 for no-show.
- Reservations are for a designated area (1-5). See map.
- Must sign on-line waiver before exercising.

### PREPARING TO WORKOUT

Protect against infections:

- Stay at home if you are sick.
- Members (16yrs+) only.
- DO NOT ENTER if you have been diagnosed with COVID 19 (have not recovered or are still within the 14 day quarantine), had symptoms of COVID 19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID 19 (within the last 24hrs).
- Reservations are 50 minutes using the online reservation system.
- Members are responsible for cancelling reservations with 24-hour notice or \$10 no-show fee is billed. To cancel a reservation, the member must cancel in Sign Up Genius, or email [dme@mibeachclub.com](mailto:dme@mibeachclub.com).
- Check your workout time and arrive 5 minutes in advance of your reservation.
- Check-in at the front desk in the Lower Lobby.
- Face coverings required when not engaging in strenuous exercise.
- Bring a full water bottle and towel. Water fountain & bottle filler not in service.
- Arrive in training attire. No changing in the locker rooms. Refrain from bags, etc.

### WHILE EXERCISING

- Upon entry use hand sanitizer or wash your hands.
- Exercise if your reserved area (1-5). Abide by capacity limits.
- Members may switch sections if in mutual agreement.
- Face coverings required when not engaging in strenuous exercise.
- Utilize designated equipment ONLY.
- Maintain enhanced social distancing (17' apart).
- Do not share towels or drinks.
- Do not share equipment.
- Disinfect all equipment used BEFORE and AFTER use.

### AFTER EXERCISING

- Depart promptly at the end of your reserved time for smooth transition.
- Wash your hands thoroughly or use hand sanitizer.
- Locker rooms are for handwashing and restroom use ONLY. **No showering or changing.**
- Face coverings required.

Link to On-Line Waiver: [www.mibeachclub.com/waiver](http://www.mibeachclub.com/waiver)

*Failure to adhere to "2020 MIBC Fitness Center Guidelines" may result in loss of club privileges.*