



## Fitness Guidelines

updated 7/25/2020

*The following protocols and regulations are in place in accordance with Executive Orders set forth by the State of California, the Los Angeles County Department of Public Health and the City of Calabasas.*

1. Everyone will be temperature and symptom screened upon arrival.
  - a. If someone presents symptoms or a temperature of 100.4 or above, they will be turned away for a minimum of 72 hours.
2. Facial covering is required at all times, including during workout. **Gloves are no longer required.**
3. Physical distancing of six (6) feet is required **at all times**.
4. **Reservations for gym use will be for a maximum of 50 minutes and can be reserved up to 48 hours in advance.**
  - a. Reservations are accepted after 10:00am Monday-Sunday **by phone call only**.
  - b. Gym use is for members only, no guests allowed until further notice.
  - c. Members may not reserve another time slot for an hour after the first reservation time ends.
    - i. Member is limited to two (2) reservations per day.
  - d. Once your reservation time has ended, please exit the fitness area.
5. **Please check-in no more than ten (10) minutes prior to your reservation or training time.**
  - a. Please follow all arrows and signage as you make your way to check-in.
6. Please use the sanitizing wipes to clean all contact parts of the equipment after your use.
  - a. Thorough cleaning and disinfecting will take place throughout the day and between reservation groups by staff.
7. Personal trainers must maintain six (6) feet of distance from their client and wear a face covering.
8. Participants are instructed to bring their own refillable water bottle, gym towel and hand sanitizer.
  - a. You will not have access to water fountains but refill stations will remain open.
9. Shower stalls are limited to enforce social distancing. Use of showers is restricted to a maximum of 5 minutes.
  - a. Shower use is for those using the facility only.
10. Doors, entrances, and/or gates will remain open during modified facility hours.

**\*Guidelines are subject to change. Failure to adhere to these guidelines will jeopardize your membership.\***