

Venture Out Fitness Center Guidelines

- Stay at least six feet from all other patrons at all times
- If you are at higher risk for severe illness, you should avoid visiting gyms and fitness providers. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Do not touch your eyes, nose, or mouth
- Do not enter or use the facility with a body temperature 100 degrees F or above.
- After leaving the fitness center, use hand sanitizer. When you get home, wash your hands with soap and water for at least 20 seconds.
- Use the sanitary wipes or spray provided and wipe down the equipment both before and after your use.
- If possible, wear a face mask while exercising.
- If waiting for a piece of equipment, be certain to stay at least six feet away.
- Keep your social distance in the bathrooms while using.
- **Do not share the infrared saunas and always sit on a towel while using.**