

Briggs/Sebaugh Wellness Center Return to Campus Rules & Guidelines Effective August 5, 2020

The Wellness Center Rules and Regulations continue to direct the operations of the Wellness Center. In addition, the following guidelines have been implemented to ensure the health and safety of our employees, students and community members during the COVID-19 pandemic.

- The ANC COVID-19 Self-Assessment screening with a temperature check will be conducted on employees, students and community members entering the Wellness Center. Those who answer yes to any of the screening questions or have symptoms including a temperature of 100.4 or greater will NOT be allowed to enter.
- Employees will wear a face mask/covering at all times. Employees, students and community members will wear a face mask/covering at all times except when actively exercising.
- NO use of showers at this time. Locker rooms are to be used only for storage of personal items. Maintain physical distancing while in locker rooms.
- Hand sanitizer is available throughout the facility.
- Staff will ensure that all exercise machines or equipment are sanitized after each usage (via wipe-down with disposable disinfectant wipes, Lysol or the equivalent; use according to product instructions).
- Exercise Room Guidelines and maximum room capacity will be posted and strictly enforced.
- Maintain 6 feet social distancing in the Wellness Center lobby, hallways and non-exercise areas. Avoid personal contact at all times, including hand shaking.
- Maintain **12 feet** social distancing in Exercise Room, Aerobics Room, Gym and Walking Track. Room capacity has been reduced to ensure the 12 feet social distancing. Please abide by room capacity signs posted throughout the Wellness Center.
- Individual training sessions, indoor group fitness classes, and workouts requiring a partner must maintain **12 foot** spacing between each person at this time.

Hours of operation for the Briggs/Sebaugh Wellness Center will be:

Monday – Friday, 7:00 am – 6:00 pm

Saturday, 8:00 am – Noon

Sunday, CLOSED