

COVID-19

UTTC FITNESS CENTER RESTRICTION

MAINTAIN SOCIAL DISTANCING

Use personal responsibility and maintain social distancing (6FT) at all times. Do not use equipment with a sign that reads "this machine is off limits due to social distancing" or equipment that is blocked off with tape.

DISINFECT EQUIPMENT USED

Disinfect equipment BEFORE and AFTER use with a gym wipe. This includes kettlebells and dumbbells. Do not lift weights that require a "spotter" unless you are with Fitness and Exercise Specialist, Lukus Chase Alone.

WEAR FACE COVERING

Wear a face covering or PPE when transitioning to different areas of the Wellness Center. Do not walk between machines or the front desk without a face covering or PPE.

EXERCISE MODERATELY

Exercise moderately as this is linked to a positive immune system response. Do not overdo it. High-intensity endurance exercise can make you more susceptible to illness for up to 72 hours after the exercise session.

BE RESPECTFUL

Be respectful of others and limit your exercise to 30 minutes. Per UTTC COVID-19 manual, if you are showing signs of illness please self-isolate immediately and contact the Student Health Nurse at 221-1764.

BRING YOUR OWN WATER AND TOWEL

Bring your own water and towel. Do not use the fountains, they are secured and only the water bottle fill stations will be available.

DO NOT TRAIN IN GROUPS

Do not perform exercises that cause you to come in contact with the floor.