ATTENTION MEMBERS & GUESTS:

Your health and safety is very important to us.

As a result of recent concerns regarding the Coronavirus we would like to share recommendations from the CDC as well as steps we are taking to prevent the spread of disease.

How can I help protect myself from respiratory illness?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

How can I help protect others?

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Preventative measures taken by the C&RC:

- Frequently touched surfaces are regularly cleaned and disinfected.
- Sanitizing wipes are located throughout the fitness floor.
- Sanitizing spray is located in each group exercise studio.
- Hand soap is available in restrooms and locker rooms.