

FOF COVID-19 Guidelines

Below are guidelines that we have put in place in accordance with COVID-19 concerns. We realize that we are in a unique situation with the demographics of our membership, and want to take every step possible to ensure your health and safety. Please feel free to contact us with any questions regarding our safety and sanitation protocols:

- We know how important and unique socializing is to Fitness Over 50, and we can continue to do so while still following guidelines!
- First and Foremost, if you answer yes to any of the below questions, please stay home until you are symptom free for 72 hours without medication:
 - Are you currently sick or have been sick in the last 72 hours?
 - This includes anything from the flu to the common cold.
 - If you have allergies that are causing sneezing or coughing, kindly remain home as well.
 - Have you had a new or worsening cough?
 - Have you had a fever?
 - Have you had shortness of breath?
 - Have you been in close contact with anyone with these symptoms or anyone who has been diagnosed with COVID-19 in the past 14 days?
- Fitness Over 50 will provide hand sanitizer at our check in station and located throughout the facility.
- Entry and Exit will only be through the main doors. The doors on the Country Club Drive side of the building will be for emergency use only.
- After check in, please wash or sanitize your hands before entering the gym.
- All members will be asked to wipe down equipment after use.
 - Fitness Over 50 will provide an EPA approved disinfectant and wipe-down towels for members to use.
- Additional Policies
 - Clean towels will be provided for sanitation purposes.
 - We will temporarily not be providing hand and face “sweat” towels as we have in the past.
 - If you are not comfortable using a towel for your hands/face that may have previously been used for wiping down equipment, please bring your own.

We hope to see you soon!

Nate, Jason, and Staff