

Triphahn Center Fitness Guidelines

All fitness members must abide by the following guidelines. Failure to abide by the guidelines may result in cancellation of fitness membership.

General Health

- Face coverings are required when entering the building and whenever not exercising. Masks are suggested to be worn while exercising.
- Anyone entering the building must be free of any COVID symptoms, including fever-free.

Fitness Center Procedures

- Fitness Members should maintain 6-ft of distance while exercising.
- All equipment is required to be wiped down prior to and after each use. Disposable cleaning wipes are provided throughout the fitness center.
- Equipment should not be shared between members unless from the same household.

Locker Rooms

- Maintain 6-ft of distance within locker rooms.
- Locker rooms will be cleaned every hour, including all high-touch areas.
- Sauna and hot tub will remain closed during phase 4.
- Doors to locker rooms must remain open.

COVID-19 Exposure or Diagnosis

Members who are exposed/diagnosed to COVID-19 may not return until:

- They have had no fever for 72 hours (without medicine)
AND
- Other symptoms have improved.
AND
- Have had at least 14 days quarantined since their symptoms first appeared.
OR
- Have had two negative COVID-19 tests in a row, with testing done at least 24 hours apart.



For more information on HEParks's COVID-19 plan visit [HEParks.org](https://www.heparks.org).