

# NOTICE ON COVID-19

## PRECAUTIONS/CONSIDERATIONS

TCA AND THE FITNESS CENTER TAKE THIS PANDEMIC SERIOUSLY. WE ALSO UNDERSTAND THAT EXERCISE IS A GREAT STRESS RELIEVER AND IS GOOD FOR US ALL. THEREFORE, PLEASE ADHERE THE FOLLOWING GUIDELINES:

- USE AT YOUR OWN DISCRETION; BOTH AGE AND COMPROMISED HEALTH CONDITIONS FACTOR INTO CORONA VIRUS ILLNESS. DON'T WORKOUT IF YOU ARE AT RISK.
- LIMIT NUMBER OF PEOPLE IN GYM TO 6 OR LESS.
- USE HAND SANITIZER BEFORE WORKOUT AND AGAIN WHEN FINISHED.
- USE GERMICIDAL WIPES BEFORE AND AFTER USING EACH MACHINES OR WEIGHTS. WIPE DOWN EQUIPMENT.
- STAFF REGULARLY CLEAN / SANITIZE AREA – DO YOUR PART TO HELP BY KEEPING THE GYM CLEAN; PICK UP TISSUES/WIPES AND TOWELS AND PLACE THEM IN PROPER RECEPTACLE.
- TOWELS ARE WASHED AND REPLACED REGULARLY BY CLUB.
- BE MINDFUL ABOUT PASSING ON / CARRYING VIRUS REGARDLESS OF AGE.
- THE STATE AND FEDERAL GUIDELINES ARE UPDATED DAILY; KNOW THEM.
- WE WILL UPDATE THIS NOTICE AS APPROPRIATE
- THESE TIMES MAY GO ON FOR A WHILE SO,
  - RELAX – BE FRIENDLY – BE HELPFUL – BE HEALTHY.

THANK YOU!

■ CLUB MANAGEMENT