COVID-19 SOCIAL DISTANCE PROTOCOLS

STANFORD RECREATION AND WELLNESS CENTER

General Rules:

Be advised that current protocols are subject to change at any time as necessary to comply with federal, state, county orders or regulations and university requirements.

Everyone must abide by the California, San Mateo County, and Stanford University mandates.

Anyone having any symptoms consistent with COVID-19 or other viral illness may not be present at the SRWC Recreation and Wellness Center.

Anyone asked to social distance must comply with employee instructions intended to enforce compliance.

With the exception of members of the same household, a minimum of 6 feet physical distancing between individuals must be maintained in all areas of the SRWC.

Staff and patrons must wear masks at all times inside the facility (excluding swimming activity).

Facility Rules:

Read and follow all signage and markers around the facility.

Participants must reserve an area in advance through Recreation and Wellness. No drop-ins allowed.

The reserved area can be used for maximum of 1 individual, 4 in a household in gymnasium/upstairs courts.

Participants are only allowed to enter the facility 5 minutes before the reservation time.

Participants must depart the reserved space at the end of their reservation time.

Rental checkout equipment is not available.

Sharing of any equipment is not allowed.

“Person to person contact” (high fives, fist bumps, etc) is not allowed.

Sneezing or coughing must be done into one’s inner elbow or into a cloth item, and no spitting is permitted at any time.

Members must bring their own water and towel. Drinking fountains will be closed, water refill stations are available for use.

Congregating in the Recreation and Wellness space is not allowed.

Locker Rooms:

Participants must come in dressed, ready to workout. Changing Rooms will be unavailable for use at this time.

We encourage participants to shower at home before arriving and after leaving the facility.

Bathrooms are available for use. Capacity is limited to 2 participants at a time in multi-stall bathroom facility.

Post Workout:

A “Workout and Go” policy will be in place and strictly enforced.

Please remember to take all personal belongings and equipment with you.

Congregating around the facility is not allowed.