

# COVID-19 SOCIAL DISTANCE PROTOCOLS

## STANFORD RECREATION AND WELLNESS CENTER

### *General Rules:*

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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.

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

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

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

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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.

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

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### *Facility Rules:*

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Read and follow all signage and markers around the facility.

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

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

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

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

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Rental checkout equipment is not available.

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Sharing of any equipment is not allowed.

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

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

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

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Congregating in the Recreation and Wellness space is not allowed.

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### *Locker Rooms:*

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

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

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

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### *Post Workout:*

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

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

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Congregating around the facility is not allowed.

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RECREATION & WELLNESS

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