

UH South Wellness Center Updated Reopening Information

A Message to the UH South Wellness Center Members (as of October 15th, 2020):

Thank you for your patience as we finalized plans to reopen the wellness center. We are pleased to announce that the UH South Wellness Center will reopen on **Friday, October 16th at 6:00 AM.**

Mask policy

- Masks must be worn at all times (except when showering), and we ask that you please bring your own mask (spare masks will be available if needed).

Reduced Capacity

- Due to the 25% capacity restriction a total of **12 members** will be allowed in the main gym at a time.
- We moved several pieces of cardio equipment into the group exercise room, and a total of **3 members** will be allowed in the group exercise room at a time.
- Locker room capacity will be limited (5 in the women's locker room and 4 in the men's locker room at a time).

Distancing, Cleaning, and other protocols

- Exercise mats will not be provided, and we ask that members bring their own mat to use. Personal mats cannot be stored in the wellness center.
- Equipment has been moved to enable social distancing of at least six feet while using equipment.
- A one-way flow of walking traffic will be promoted through one-way arrows on the floor.
- Increased cleaning and sanitation of high contact/traffic areas, as well as locker rooms/restrooms.
- Sanitation wipes and touch free hand sanitizer stations are provided throughout the wellness center.
- Signs to remind members of the importance of social distancing, self-monitoring of symptoms, and cleaning after using any equipment.
- The use of fans in the wellness center is prohibited at this point in time.

Access and Staffing

- The Wellness Center will remain open 24 hours a day, 7 days a week, and will be staffed from 6:00 am until 6:00 pm, Monday through Friday.

Best Regards,
MHealthy – UH South Wellness Center Staff