



*The UNIVERSITY of OKLAHOMA*  
**Health Sciences Center**  
University Health Club | University Research Park Health Club

Updated: May 15, 2020

### **Protect Your Health**

At the University Health Club, we are passionately committed to providing an inspiring, safe, and clean environment for our members to improve their quality of life! We are closely monitoring COVID-19 developments and our team is taking the necessary precautions to make sure members can safely work out in our facilities. Rest assured, we have customized standard operating procedures in place, but we also know there is strength in numbers, so we are asking you to join us in our commitment.

#### **BEST PRACTICE REQUIREMENTS TO HELP MEMBERS PROTECT THEMSELVES AND OTHERS:**

**Please do not come in to the Club sick** – If you are not feeling well or have a fever or visible sign of illness, including coughs, sneezes, sore throat, shortness of breath, chills, etc., we ask you to stay home and take time to rest and recover

**Cover up** – Members and staff must wear a surgical mask style mask in the Club at all times. Members must bring their own masks. (Scarves and bandanas are not acceptable).

**Wash, rinse, and repeat** – Good hand washing practices involves immersing your hands in warm, soapy water for at least 20 seconds. Wash in bubbles and wash often!

**Disinfect your equipment** – The virus can live on hard surfaces for extended periods. To kill germs, wipe-down equipment before and after each use.

**Hands-off for now** – We have asked our employees to refrain from hands-on assisting during work out. In addition, high fives and handshakes should be replaced with smiles and nods.

**We are all on the offense** – Our club is fully stocked with hand sanitizer, wipes, paper towels, and disinfectant spray. Please use them to clean the surfaces you touch.

**Stay informed** – Refer to the CDC for best practices to keep you and your family safe. Go to [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov) for details.

**BYOB** – We have hands-free bottle fillers onsite; we encourage you to bring your own bottle for hydration and to avoid any water fountains that are not hands-free.

**Follow best practices** – Members are expected to comply with the Club's COVID-19 policies and procedures. If a member doesn't comply with Club policies, including re: wearing a mask, disinfecting equipment, and maintaining required distancing, the member can be removed immediately and/or have their membership terminated.

We will continue to keep the cleanliness and sanitation of our facility a top priority so that our members and employees have a safe and healthy environment to exercise. If at any time, staff are not able to maintain the disinfection schedule or becomes aware of the presence/recent presence of a COVID-19 positive member, the club reserves the right to close early or immediately.