



GYM RULES

1. Physical distancing must be maintained at all times.
2. Equipment is to be sanitized by the user before and after use.
3. Use only one piece of equipment at a time.
4. No hard to clean items will be available (ie skipping ropes, battle rope, etc)
5. All equipment must return to its original spot.
6. Come prepared to work out in work out attire as well as clean indoor shoes. The change rooms/showers are not available.
7. Come with plenty of water. Staff will not be refilling water bottles. We do have bottled water for sale.
8. Follow all other normal gym rules.
9. Wearing a mask is highly recommended.
10. Squash can be played either solo or with members of the same household.
11. All memberships are now active.
12. Beginning Monday, August 17, 2020, it is mandatory to wear a mask upon entering the Red Lake Community Centre. The mask must be worn until you begin your exercising, then it can be removed. Once done your specific exercise, you must put it back on until you begin your next exercise. This includes walking between the weight room, cardio area, and lobby. A mask must be worn to use the bathroom as well. The mask must also be worn until you exit the building.

**FAILIURE TO ADHERE TO ALL GYM RULES WILL RESULT IN BEING ASKED TO
LEAVE THE BUILDING**