

# Health Club Rules and Regulations Addendum - Tulsa

You are now required to reserve a workout time in Microsoft Bookings, and you must agree to all rules and regulations in this addendum via the Terms and Conditions drop down in Bookings each time you make a reservation. If you cannot agree to these rules, DO NOT use the gym.

1. You are forbidden to enter or use the club if you are experiencing any COVID symptoms such as fever, cough, shortness of breath, loss of taste or smell, nasal congestion, sore throat, aches, dizziness, digestive issues, purple lesions on feet.
2. You are forbidden to enter or use the club if you have had exposure to someone who has tested positive for COVID-19 or has had COVID-19 symptoms.
3. Reserve your workout time at [wmb.link/tulsagym](https://wmb.link/tulsagym). Workouts are in one-hour increments. Cancel if you cannot attend to open reservation to other members.
4. The use of a face mask in the gym is optional **unless your state or local order says otherwise**.
5. When using a badge to access the gym, do not touch your badge to the badge reader. Scan your badge by placing it within an inch or two of the reader.
6. Arrive and leave **during your reserved time**. Reservation **includes locker room use**.
7. Wipe down equipment **before and after** using. Everything – mats, dumbbells, handles, machines.
8. Maintain a minimum of 6' between other members.
9. You are not allowed to spot other members due to distancing. Modify your strength workout to weight that you can move on your own.
10. Obey signs posted for number of members per area.
11. DO NOT refill water bottles. DO NOT reuse cone cups.
12. Avoid touching your eyes, nose, and mouth with unwashed hands.
13. If you choose not to shower after your workout, wash hands thoroughly with soap and water for at least 20 seconds.
14. We will not provide locker room amenities like deodorant and lotion at this time. Towel service is provided. Completely place used towels in dirty laundry bins.
15. Carry in and out all clothes and shoes used for workouts. Do not store soiled items in lockers or on shelves/racks/hooks/rods.
16. There will be NO group fitness classes or group sessions among members.
17. If you think you may be sick, do not use the gym.