



**SUBJECT: COVID-19 SAFETY NOTICE TO ALL MEMBERS, EFFECTIVE JULY 24, 2020**

To help reduce the spread of COVID-19 all Huntsville Hospital Wellness Centers have implemented new safety policies in addition to the required masking. These additional safety policies are as follows:

1. No mask is required when on aerobic equipment such as treadmills, ellipticals, bikes, Stairmasters, and rowing machines.
2. Weight training is not considered aerobic and will still require a mask.
3. For group classes (land and water), a requirement of 10 feet of separation is necessary to have a class without a mask. If 10 feet of separation cannot be maintained at all times, then masks are required for group classes.
4. Lap swimming, aquatic independent exercise and aquacise classes will not require masking, but social distancing is mandatory.
5. Members must maintain 6 feet of spacing in the gym area while continuing to wear face coverings (face coverings must cover the mouth and nose).

As hospital-based wellness facilities, our community's health and safety are paramount in all services we provide. We are hopeful that if we all do our part by distancing, masking and sanitizing to prevent the spread of COVID-19, these policies will be temporary. Thank you in advance for your cooperation. Let's stay safe, together.

Thank you,

Your Wellness Team