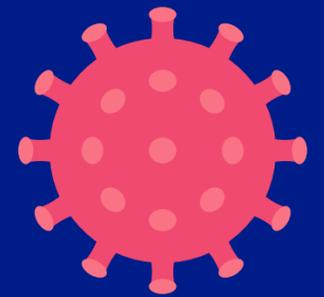


Ten Tips for Going to the Gym During COVID-19



1

Wear a mask at all times when not actively exercising (staff and clients).

2

Keep 6 feet from others.

3

Record your arrival, class or area exercised.

4

Sanitize equipment after every use.

5

Ensure windows are open.

6

Ensure fans blow air away from persons.

7

DO NOT use hot tubs, saunas, steam rooms.

8

Use water fountains only if 6 feet distance maintained.

9

Disinfect showers after every use.

10

DO NOT attend if travelled until a negative day 8 result.



GOVERNMENT OF BERMUDA

Ministry of Health



For more information visit: [Guidance for Gyms, Exercise Facilities, Health Clubs and Dance Studios](#) at coronavirus@gov.bm