



ULM WELLESS COVID GUIDELINES



1. Wellness staff will designate areas for participants to allow for social distancing.
2. Classes and Events will have limited availability (see below)
3. No group huddle between events will be permitted.
4. All equipment should be sanitized before and after EACH use.
5. Wellness staff will spray disinfectant, (clean) hard surfaces and surrounding area.
6. Wellness staff will ensure hand washing anti- bacterial soap and hand sanitizer is available
7. These guidelines are subject to change based on policies set forth by Governor John Bel Edwards, the Louisiana Department of Health, and the University Of Louisiana system.

Group X

1. Group X Staff will have their temperature checked upon entry into the facility
2. Activity Center Staff will check everyone's temperature upon entry into the facility.
3. Classes will be limited to 15 participants in Group X room
4. 38 participants in Multi-Purpose Room
5. Limited equipment will be available to ensure proper physical distancing.
6. All equipment must wiped down before and after use.
7. Placement of spots will be enforced.

Personal Training

1. Personal Training Staff will have their temperature checked upon entry into the facility
2. All equipment must be wiped down before and after use.

FACE COVERING PROTOCOLS

EVERYONE attending group x classes and personal training sessions etc. MUST wear a protective face covering if proper social distancing cannot be maintained.