



WENTWORTH-DOUGLASS
HOSPITAL

A Mass General Community Hospital

the works
A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

SAFE CARE COMMITMENT

Member Responsibility COVID-19

Stay Home:

1. If you're sick and don't feel well and for at least 3 days after recovery.
2. If anyone in your household is currently ill with a respiratory illness.
3. If anyone in your household tested positive for COVID-19.

Recommendation for Vulnerable or At-Risk Population:

Members of vulnerable populations, including those with underlying health conditions are strongly encouraged to check with their doctor prior to visiting.

Please Do Not Bring Children: Unfortunately, we are unable to provide Playhut (nursery) services at this time.

Mask/Face Covering Required Onsite: Everyone is provided a mask upon entry and asked to wear it throughout their visit; unless actively involved in exercise.

Come Dressed and Ready: Locker rooms will be open for bathroom use; showers will have limited use.

Bring Your Own Water Bottle: All water fountains will be temporarily disconnected to avoid possible exposure.

Bottle fill stations will remain open. Water will be available for purchase at the Guest Relations desk.

No Food or Drink: Please DO NOT bring food or drink (other than water) inside the facility.

Keep Your Social Distance: Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others whenever possible, 8-10 feet during aerobic exercise.

Expect Reduced Capacity: To ensure proper social distancing, our cardio and weight room areas will have a reduced capacity and you may experience wait times.

Wash or Sanitize Your Hands: Members are asked to use hand sanitizer frequently or wash your hands for a minimum of 20 seconds with soap and water (either count or sing Happy Birthday twice), including when you arrive and before leaving The Works.

Wipe Down Equipment: YOU MUST DISINFECT BOTH BEFORE AND AFTER USE by wiping down all equipment, weights, etc. with the provided cleaning materials.

Use Only One Piece of Equipment at a Time: Sorry, no circuits or super setting to ensure machines are cleaned after use.

Consider Limiting Your Workout Length: To avoid unnecessary exposure, decrease congestion and allow for additional sanitization.

Congregating and Unnecessary Conversations: Please minimize and adhere to six-foot distancing.

Show Patience and Kindness: We are all here to improve our quality of life, so let's stay safe, healthy and limit stress while practicing patience with fellow members and our dedicated staff during this time.

Failure to social distance or wipe down equipment when finished more than once, may result in members being sent home.

Please notify a Works employee if you see a member who is not following these guidelines.

I have read and understand expectations while visiting The Works.

Member Signature: _____ Date: _____ Staff Witness: _____