



New Code of Conduct Guidelines

Health and Sanitation Protocols. The Club has implemented the following protocols in compliance with NY State & Local government plus CDC guidelines:

1. Members are required to wear Personal Protective Equipment.
2. Club staff will clean touch points (knobs, handles, counters, etc.) throughout the day. Every piece of equipment or accessory will be cleaned between each member use and every two hours. In addition, the club will be disinfected with state-of-the-art spraying equipment 2X times per day and at night using coronavirus killing chemicals.
3. The club has reduced available equipment in order to increase the physical distance between equipment and to maintain social distance guidelines. We have used all state required signage & additional decals throughout the club to easily conform to this policy.
4. The club will not exceed the 33% occupancy capacity set by the state.
5. Hand sanitizing stations & anti-bacterial wipes are abundant throughout the club and encouraged to be used. In addition, there are self-cleaning supply buckets located throughout the club for member use.
6. Members are required to clean equipment before and after each use.

New and Updated Rules. The Club has instituted new Member Rules and Regulations which are provided below for your information with immediate effect:

1. Limitations on admission to club.
 - a. No member (or staff) will be admitted to the club unless and until:
 - i. Their temperature is measured and registers under 100.4 degrees (these will be logged at the front desk for 28 days)
 - ii. They complete a daily health screening form without reason for being sent home (these will be logged at the front desk for 28 days).
2. A Member Acknowledgement form is required to be completed by all members *prior* to working out at club.
3. Members are required to wear masks while at MPHC. We will offer them for sale if you forget yours. Any member observed to be non-compliant will be asked to leave the club (bandanas, buffs, gaiters, masks with valves or face shield do not conform to state requirements for gym use).
4. Members must adhere to social distancing of six feet while at the Club (excluding members from the same household).
5. Members and staff who are exhibiting the symptoms of illness will be offered assistance and asked to leave the Club.
6. Club amenities (such as; pool, indoor classes, whirlpool, steam room, sauna, massage, towel service, etc.) are closed until further notice.
7. Rules are subject to further revision at the discretion of the Club and in accordance with updates from local and state government.