

WE ARE OPEN!

Member Etiquette

All members are expected to:

- Be respectful and follow all guidelines established by Orchard Hills Athletic Club to keep all Members and Staff safe
- Consider the following before entering the club
 - 01** Do you have a pre-existing condition such as asthma, lung/heart disease, diabetes, kidney disease, or autoimmune disease?
 - 02** Have you (or a family member) recently developed a fever, sore throat, cough, shortness of breath, difficulty breathing, or were diagnosed with Covid-19?
 - 03** If you answered yes to any part of Question 1 OR 2, we recommend you consult with your physician.
 - 04** If you feel ill, do NOT enter the club.

#StopTheSpread

- Cover cough or sneeze with elbow or into a tissue. If a tissue is used, immediately throw in trash receptacle
- Wash or sanitize hands before and after using any equipment
- Wipe down all equipment before and after each use. This includes all machines and free weights (dumbbells, kettlebells, etc.)
- Be physically distant in all areas of the club (see posted distancing requirements in each area)
- Be respectful of other members waiting to use equipment
- Be observant of new traffic floor patterns throughout the club
- Be respectful and patient during the check in process
- Check specific guidelines for individual club areas posted on website

Orchard Hills has prepared the club for a new health club environment with best practices.

We have made several updates to maintain hygiene, safety, social distancing, and sanitation:

- extensive overnight cleaning
- increased sanitation procedure
- EnviroShield club treatment
- NanoSurface shields for high touch points
- additional hospital-grade disinfectant wipe stations
- additional hand sanitizing stations
- reorganization of fitness center, group fitness studio, and cycling studio with prioritization of personal space
- NEW reservation-only private workout room for a nominal fee
- safety and distancing signage and screens

What's Temporarily **NOT** In Service

- fans
- guest visits
- basketball court
- water fountains (except for bottle fill spout)
- Traditional Kids Club (see new OHACtivity Time children's programs)
 - coffee service
 - saunas & hot tub

You may bring your own:

- mat
- racquetball/ping pong equipment
- hairdryers
- soap/shampoo to shower

Thank you! We deeply appreciate your support and patience.

TOGETHER WE ARE STRONG

ORCHARD HILLS
ATHLETIC CLUB