

The Cove

Fitness Center - Rules & Regulations

Our Tenant Amenities Policy Guide outlines general policies that have been established to ensure comfort, safety and enjoyment of The Cove facility. We reserve the right to deny privileges for failure to comply with these rules.

Fitness Center Hours

Regular hours of operation are Monday – Friday 6:00 a.m. – 9:00 p.m. Occasionally fitness center hours will vary to accommodate holidays or other special occasions. We will post any schedule changes at least one week in advance.

Authorized Employees

Only tenant employees (“Users”) who have signed the Fitness Center Waiver and have been issued an access card are allowed access to use the facilities. No visitors, guests, spouses, children or pets are permitted inside the facilities at any time.

Fitness Center:

- Users are required to complete the Fitness Center Waiver forms prior to use of the facility.
- Proper clothing attire and athletic shoes (no open-toed shoes) must be worn at all times when using the facilities.
- Beverages in plastic, non-spill containers are permitted in the fitness center; food items are not permitted.
- Please use a locker in the locker room to store your athletic bag or other personal items.
- Please adhere to a 30-minute time limit on cardio equipment when others are waiting.
- Perform weight lifting exercises properly, safely, and under control at all times. Please do not drop or slam weights.
- Towels and sanitizing wipes are provided; please wipe off each equipment after use.
- Please return all dumbbells, weight plates, and handles to racks after use.
- No equipment (i.e., dumbbells, stretching mats, etc.) in the Fitness Center may be taken to other parts of the amenity areas.
- Cell phones must be placed on mute or vibrate mode when used in the Fitness Center.

Locker Rooms:

- Lockers are for day use only. Please do not leave your belongings in lockers overnight.
- Do not leave valuables in day-use lockers. The Cove is not responsible for any items lost or damaged on the property.
- Locker room amenities are provided for your use while at the amenity center. No amenities or containers may be removed from the locker rooms.
- Use caution when walking on tile surfaces as floors may be slippery when wet.

General Policies:

Our policies have been established for the benefit of all tenants. The rules contained herein are not all inclusive. Additional rules may be posted in the club or on printed notices.

- The Cove observes a no smoking policy.
- We do not allow any solicitation of any kind. Outside materials may not be posted or distributed in the club, unless authorized by management.
- Instruction or training by unauthorized personnel is prohibited.
- The Cove Amenity Center is your club and your assistance in identifying destructive behavior is greatly appreciated. Vandalism or mistreatment of the property is costly and will not be tolerated.
- We maintain a Lost and Found system. If you have misplaced an item inquire at the Security Desk in the 151 Building Lobby. All found items will be held for a minimum of 15 days. Unclaimed items will be donated to charity.
- The Cove Management reserves the right to revise policies and fees as deemed appropriate.

Emergency Procedures:

Your safety is our first concern. Please take a moment to review these emergency procedures.

- If you witness an emergency or accident, please advise a staff member immediately or call 9-1-1.
- In the event of a facility-wide emergency (i.e., fire, bomb threat, earthquake, etc.), we require the cooperation of all occupants in the amenity center to follow the direction of management staff, and to evacuate the building immediately, if requested to do so.
- First aid kits are located at the Security Desk and in the Fitness Center.

COVID-19-Related Guest Responsibilities

- Members must **NOT** enter the fitness center if:
 - ❖ In the last 14 days, they have experienced some or all of the following symptoms: fever, chills, shortness of breath, fatigue, cough, sneezing, aches or pains, runny or stuffy nose, diarrhea, sore throat, loss of smell or taste, stomach upset or headaches.
 - ❖ In the last 14 days, they have been in contact with anyone who has tested positive for COVID-19.
 - ❖ In the last 14 days, they have been in close contact with someone (including household members) experiencing symptoms of COVID-19.
 - ❖ In the last 14 days, they (or a household member) traveled to or returned from an area that has travel restrictions.
 - ❖ They, or a household member, have tested positive for COVID-19.
 - ❖ They, a household member, are currently under any mandatory quarantine or self-isolation order relating to COVID-19.
- To access the fitness center, members must reserve a time through the The Cove's ETS Reservation System, and may only enter during the reserved time slot. Only one visit per day is allowed. After reserving reservation through the ETS System, guest will retrieve an access badge from the Security Desk in the 151 Building Lobby for entry into the gym facility, and will return the badge upon exiting.
- Members must wear a facial covering upon entering/exiting the fitness center, and throughout the entire duration of their visit inside the fitness center.
- Members must wipe down equipment before and after each use, using the provided disinfecting wipes.
- Members must wash their hands before, during, and after workouts, as needed (and/or utilize the provided hand sanitizer).
- Members must practice social distancing (maintain 6' distance from other members) in all areas of the fitness center.