

In order to gain access to the TCNJ Fitness Center, please read and agree to the following procedures and protocols:

- Before entering, must read signage at facility entrance to instruct patrons that they cannot enter if they have been diagnosed with or suspected to have had COVID-19 and are still within the required isolation period as defined by CDC at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>, if they currently have symptoms of COVID-19 as defined at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>, or if they have been in close contact with an individual diagnosed with COVID-19. Close contact is defined at https://www.state.nj.us/health/cd/documents/topics/NCOV/NCOV_chapter.pdf.
- Must complete the following steps to enter the Fitness Center
 - Make a reservation using the Atleto app, for a specific time slot as well as particular “zone” of equipment, within the facility
 - Complete Daily Self-Check Up on the Roar app and obtain the GREEN check on your Health Pass
 - Take your temperature and make sure it is below 100.4
 - Arrive and wait in line following all social distance guidelines of at least six feet of separation until you are called into the entrance
 - Show your GREEN check on your Health Pass
 - Next a Fitness Center worker will take your temperature at the door
 - Scan QR Code through the Roar App
 - You will be directed to the table where you give your name and confirm your reservation time and zone
 - Next you are directed to the front desk where you show your TCNJ Photo ID to the worker at the desk and then swipe your ID on the reader
 - Go to your assigned zone, view maps at entrance or on the way to the zones to find the specific zone that you have reserved
 - On your way to your zone, you can grab a set or two of equipment in general areas (dumb bells, medicine ball or kettle bells, curl bars) that you intend to use for your workout and bring to your reserved zone
 - You cannot leave your zone mid workout to get additional equipment
 - Locker Rooms will be closed. Come ready to workout, bring only what you need to workout, do not bring personal items aside from (keys, ID, water bottle, personal music headphones, mat, towel, or other items needed for the workout)
 - Follow the proper facility dress code; specific details can be found at [Fitness Center Dress Code](#)
 - Proper clothing tops and bottoms (shirts/shorts/pants)
 - Must cover entire torso
 - No razorbacks or cut off sleeves permitted
 - Torso sides or shoulder backs should not be exposed in any article
 - Sleeveless shirts cannot fall more than 2” below the armpit when arm is at a person's side

- Proper close-toed athletic type shoes must be worn at all times
- No powder or chalk permitted
- Social distancing guidelines of at least six feet of separation must be maintained by every person in the facility at all times to the greatest extent possible.
- Patrons are to go to their reserved zone, and complete their entire workout within that reserved zone
- Patrons cannot go into another zone to use any of the equipment at any time
- Patrons cannot switch zones with another patron, or join them
- Limit on person per zone at one time
- Only equipment that can be thoroughly sanitized before and after use by patrons can be used (i.e. - no ropes, mats, bands, etc.)
- All patrons will be monitored as they enter and exit the facility, and must abide by all signage and marked flow patterns, while moving throughout the facility
- Masks/Face coverings are required to be worn by all clients while in the facility at all times except when doing so would inhibit the individual's health
 - It will be harder to breathe when working out and wearing a face mask
 - Don't over exert yourself, especially if you are not in a regular workout routine
 - More info on fitness and mask wearing:
<https://www.acefitness.org/education-and-resources/professional/expert-articles/7578/exercising-with-a-face-covering-safety-do-s-and-don-ts/>
- All equipment must be sanitized between uses. No equipment should be used by another customer or returned to the storage rack / container without being sanitized
 - Any equipment borrowed from a general area is to be wiped down by the patron that used it, and left in your zone when workout is completed
- Patrons are responsible to use the wipes in their zone to completely sanitize all equipment used by them in their reserved zone
- Offline equipment located in closed areas are not permitted to be used at any time
 - All Cardio equipment is currently offline
- Patrons have 40-minutes to complete their workout
 - Clock starts at the top of each hour, and expires at 40-minutes after the hour
- Spotters will not be available or permitted. Please use proper safety protocols when lifting and exercising
- Locker room use will be limited to hand washing and restroom usage only
 - Must scan QR codes for entering any restrooms
- At conclusion of your workout, leave all borrowed equipment from general area in your reserved zone; wipe down all equipment in your zone to include all touch points; follow arrows to exit
 - Masks must remain on and continue to practice social distance of at least six feet
 - Do not enter any other zone or take shortcuts that are not in the traffic flow marked by the arrows on the floor and/or walls

Failure to comply with any part of this agreement will result in removal from the facility, or entrance will be denied. You will lose facility access, and students could be referred to Conduct based on behavior. Facility access will not be reinstated until you meet with a professional staff member

I accept the conditions of entering the TCNJ Fitness Center and understand the health and safety protocols to help mitigate the spread of Covid 19.

Rosco's Pledge

All members of the community who will reside on campus or spend any amount of time on campus are asked to take Roscoe's Pledge, which follows, to help ensure the health and safety of students, faculty, staff, and others.

As a member of the TCNJ community, I will:

- practice physical distancing (maintaining a six-foot distance between myself and those around me) everywhere possible; follow one-way pathways and designated building entries; and abide by crowd control guidance and room occupancy restrictions

- wear face coverings inside all campus buildings and also outside when I am not able to maintain six-foot distances; I recognize that face coverings must cover both my nose and mouth (Staff/faculty members may remove face coverings/masks when inside their private offices but must wear them when leaving these spaces or when someone else enters.)
- [Contact the Accessibility Resource Center](#) to receive guidance on face-covering accessibility options if I have communication access concerns or am unable to wear a face covering for a health-related reason
- wash my hands for 20 seconds as often as possible and use hand sanitizer when I'm unable to wash my hands or after interactions with people or objects
- cough or sneeze into a tissue, my sleeve, or my elbow, not my hands
- not share personal-use items such as food, beverages, phones, and hygiene products
- not come to campus if I am sick or not feeling well
- refrain from touching my face
- refrain from shaking hands or coming into physical contact with others
- disinfect office desks/equipment, etc. after use with campus-provided cleaning and disinfectant supplies
- observe restrictions regarding gatherings
- monitor my health via the daily self-check up in the TCNJ Roar app and contact my healthcare provider (faculty/staff) or [Student Health Services](#) (students) if I have symptoms