

## Fall Semester 2020 Plans Wellness Center

A SWOSU identification card is required for entry into the Wellness Center and **cloth facial coverings are required in all areas of the Wellness Center**. Increased cleaning procedures have been implemented due to Covid-19; therefore, the Wellness Center will operate under a revised schedule, with additional precautions.

Monday – Friday	7:00 a.m. – 11:00 p.m.
Saturday	10:00 a.m. – 6:00 p.m.
Sunday	5:00 p.m. – 11:00 p.m.

### Weight Room (downstairs)

- The weight room is limited to 20 patrons per session.
- Sessions are limited to 1 hour and 15 minutes.
- Patrons will sign in with the student worker, register their beginning time, and leave their student ID card.
- Student worker will monitor time to ensure patrons rotate out of room at the appropriate time.
- Patrons may sign up on a waiting list if the room is full.

### Cardio Equipment (upstairs)

- Separated by plexiglass, so all stations are open.

### Strength Training Machines (upstairs)

- One patron per machine.

### Running/Walking Track

- Patrons will practice appropriate social distancing.

### Indoor Basketball Courts

- Indoor courts are not open for team activities such as basketball, soccer, or volleyball.

### Rock Wall

- The rock wall is closed until further notice.

### Intramural Sports

- No fall intramural sports are scheduled at this time, but the university will continue to monitor the situation.