

Responsible Restart Guidelines

Everything you need to know before you visit 50 North

What is 50 North Doing to Keep You Safe?

Staff Screening and PPE

All staff are required to perform a self-assessment for COVID-19 symptoms and exposure risks to determine if it's safe to come to work each day. All staff are required to wear face masks and utilize additional personal protective equipment, as needed.

Social Distancing

All open areas and individual rooms inside 50 North have been evaluated and redesigned where necessary to help ensure social distancing. Signage is placed throughout the center to direct traffic and provide safety reminders.

Cleaning and Disinfecting

High-touch surfaces and common areas, including restrooms, are cleaned frequently throughout the day, and individual rooms cleaned between appointments and programs. Staff also perform routine cleaning after closing each day.

Prior to Coming to 50 North:

Schedule an Appointment or Register for a Program: At this time, only select appointment times and programs are available. Only people with a scheduled appointment for a program are permitted to enter 50 North. Social interaction inside 50 North, outside of scheduled programs, is discouraged.

Assess Yourself: Have you had symptoms of fever, cough, shortness of breath, sore throat, or diarrhea within the last 72 hours? Have you had close contact in the last 14 days with an individual diagnosed with COVID-19? Have you traveled to a state with [high positivity rates](#) in the last 14 days? If you answer yes to any of these questions, please stay home. In addition, state public health officials strongly encourage those with underlying health conditions to stay home as much as possible.

Bring a Mask: At this time, we require that everyone who enters the building wear a mask. If you do not have a mask, 50 North can provide one. (If you're coming to exercise, please wear your face mask until you get to your assigned room or space. You may remove your mask during the workout itself for your safety.)

Bring Water and Snacks: Coffee, drinking fountains, water bottle fillers, and vending machines are unavailable. Please bring your own beverage and snack for consumption, as needed.

When You Are Here at 50 North

Use the Main Entrance: Please use only the main entrance to enter the building. In the lobby, you'll find hand sanitizer and other supplies, including masks for those visitors who do not have one. Our customer

service staff will take your temperature, ask screening questions, and have you sign in. (If there is a line, please maintain at least 6 feet of social distance both inside and out, and proceed to the next available X.)

Keep Your Distance: Strive to maintain at least 6 feet between you and others as much as possible. Be mindful of high-traffic areas, such as the main lobby and hallways. Please exercise on designated equipment only and respect all signage regarding social distancing, including marks on the floor.

Expect Reduced Capacity: To ensure proper social distancing and adhere to state orders, each room has a limited capacity. Programs are scheduled to allow for staggered arrival times for members, as well as giving instructors time to clean rooms between classes.

Wash Your Hands: We recommend visitors wash hands regularly for at least 20 seconds with warm water and soap. Please make use of the hand sanitizing stations throughout the center