

# COVID-19 Guidelines

## for Weight Room / Boxing Gym



**Please do not** register for weight room / boxing session if you feel sick or have symptoms consistent with COVID-19.



Practice **good hygiene** by frequently washing hands for 20 seconds.



Maintain **6ft between you and other** participants. Conditioning equipment is set at 8ft. distance.



**Register for the Recreate Responsibly Reservations System** at [www.baldwinpark.com](http://www.baldwinpark.com) to schedule your safe weight room session / boxing training.



**Limited occupancy of;** (8) for weight room / (8) for cardio; and (9) for boxing in accordance with County guidelines and CDC recommendations.



**All participants are required** to wear cloth face coverings and gloves the entire time they are at the facility.

\*Please **ONLY** exercise to the extent you can breathe comfortably while wearing a face covering over your nose and mouth at all times.

\*Face masks or coverings with one-way valves are not permitted.



Participants will be **temperature and symptom screened** upon arrival.



**Showers and locker room** facilities remain closed at this time.



The use of **city-issued boxing gloves and accessories** are not permitted.

**Please note that new orders may be updated as additional information and resources become available, visit the City's website at**

**[www.baldwinpark.com](http://www.baldwinpark.com) and social media platforms for updates.**

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