

## Face Mask Policy

### Everyone wears a mask in the gym.

Regardless of vaccination status.

### Mask on BEFORE you enter the facility.

No mask, no entry.

### No bandanas, neck gaiters, face shields.

A good mask has a double layer of breathable fabric and fits securely on your face.

Her365 Fitness | Reopening Guide 2021

## A mask worn incorrectly is not safe

How to properly wear and use a mask

### DO



Wash your hands with soap and water or use alcohol-based hand sanitizer before you **put on, touch, or take off** your mask.



Put the color side of the mask on the outside.



Use the ties or loops to put your mask on and take it off.



Cover your mouth, nose, bridge, and chin.



Be sure the mask fits snug against your face.



Keep your hands away from your face and head while wearing the mask.



Take off the mask while you are at least 6 feet away from other people.



Store the mask in a clean paper bag or between two clean paper towels when you remove it.

### DON'T



Touch your mask or face without first using soap and water for 20 seconds, or alcohol-based hand sanitizer until hands are dry.



Pull the front of the mask up or down to **talk, breathe, or eat**—assume the front is contaminated.



Touch the front of the mask.



Touch the front of the mask when you take it off.

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## [COVID-19: How to wear your mask](#)

### WHO MUST WEAR A MASK

All members, patrons, staff, coaches, and instructors, whether vaccinated or not, are required to wear a face mask while in the studio/gym.

### WHEN TO WEAR A FACE MASK

You must put on your face mask BEFORE you step inside the studio/gym. Even if you are by yourself in the facility, you must keep it on, properly positioned over your nose and mouth until you have completely exited the building.

### NO BANDANAS, NECK GAITERS, OR FACE SHIELDS

None of these three types of face coverings works as well as a proper face mask. "A good mask has a **double layer** of washable, **breathable fabric** that helps keep the wearer from spreading potentially infected droplets into the air. A bandanna tied around the face does not work as well as a mask because it is open at the bottom. A gaiter (a tube of thin, stretchy knit fabric that can be worn around the neck and pulled up to cover the nose and mouth) is usually too thin to provide adequate protection. Likewise, masks with exhalation valves can allow your droplets to escape into the air...We do not recommend clear shield-like face masks, which are different than face

shields but still have gaps around the face and therefore do not provide the same protection as wearing a mask.” (Source: [Johns Hopkins Medicine](#))

### **WHY WEAR A FACE MASK**

Although being fully vaccinated greatly reduces your chance of catching or spreading the coronavirus, it doesn't eliminate it entirely. If you are infected with the coronavirus and do not know it, a mask is very good at keeping your respiratory droplets and particles from infecting others. If you haven't yet received your COVID-19 vaccine, wearing a mask can also help prevent germs that come from another person's respiratory droplets from getting into your nose and mouth. Learn more about the protection wearing a mask provides from the Center for Disease Control and Prevention (CDC) [Guidance for Unvaccinated People](#).

### **MORE INFO FOR VACCINATED FOLKS**

Even if you are vaccinated, you can't know whether you are an asymptomatic spreader or not. Even with frequent testing, you can't know at every instant in time whether you have COVID-19 or not.

Since the coronavirus can spread through droplets and particles released into the air by speaking, singing, coughing, or sneezing, masks are still a good idea in crowded indoor public places that contain a mixture of vaccinated and unvaccinated individuals.

**Two of the most frequently asked questions we received in the member survey were whether we are requiring vaccinations and if masks are required.** You are concerned about protecting your health and so are we. If the Her365 Fitness community is going to stay healthy, everyone has to follow this Face Mask Policy — no exceptions.

If you are unwilling or unable to wear a mask for indoor sessions, we invite you to participate in our outdoor sessions or wait until masks are deemed no longer necessary or recommended for mixed vaccinated/unvaccinated groups.

Thank you for your cooperation and for your commitment to [Protect the Circle](#).