

NORDIC CLUB COVID-19 GUIDELINES

- Maintain a distance of at least 6 feet from others at all times.
- Bring your own face mask and wear it when appropriate.
- Frequent hand hygiene should be performed including, but not limited to, upon arrival at the facility, before and after going to the bathroom, between workouts, before and after touching your face or face covering, and prior to leaving the club.
- You are encouraged to bring your own alcohol-based hand sanitizer.
- You are required to thoroughly clean and disinfect machines and equipment before and after each use.
- Bring your own water bottles. Refill stations will still be available.
- Locker room facilities can be used for changing clothes, showering, and toileting. You should preferably practice wear-in/wear-out clothes.
- Locks are not provided by the club. You should bring your own lock for lockers.
- Hairdryers are prohibited.
- All three dry saunas are closed.
- Bags, equipment, water bottles, towels and other personal items should be placed more than 6 feet away from someone else's items, and should not be touched by anyone other than the owner.

Cleaning and disinfecting materials will be supplied by the Club.

Please DO NOT remove them.

These guidelines are subject to change at any time without notice based on revised guidance from the State of New Hampshire and/or at the discretion of the Nordic Club.

All other established Club Rules and Regulations remain in effect.

Thank you for your cooperation!