



Healthy Titans Member Checklist

Please be prepared to complete the following steps upon entry to the Albee Strength & Fitness Center and Group Exercise Classes (group exercise attendees should check in at the fitness center desk before class)

1. Check in at the Albee Strength & Fitness Center front desk.

- Please be prepared to show your Titan ID or other valid form of identification.

2. Complete hand sanitizing at the hand sanitizing station

3. Complete the the self assessment prior to entering the fitness center.

The assessment can be found on the UWO website and the UWO Mobile App. We are asking that you either show the desk attendant the email of completion or show them the email via your phone.

- UWO Website (https://oshkosh.co1.qualtrics.com/jfe/form/SV_8qf62fSRGMSOfR3)
- UWO Mobile App



4. Complete a temperature check.

- If temperature registers 100.4F or above, member will not be allowed to enter the facility and will be encouraged to follow the Titans Return Plan workplace expectations.

Expectations While Utilizing the Albee Strength & Fitness Center

- No equipment may be taken in by members unless otherwise permitted.
- No food or drink can be taken in by members unless otherwise permitted.
 - Water bottles that are already filled are permitted.
- All members and visitors will need to wear a face covering per the current state mandate.
- All members must clean equipment they touch before and after each use.
- Showers are NOT permitted at this time.
- Lifting to be done in a safe/weight-appropriate manner as to not require "spotter".
- No contact of any kind is permitted.
- All members and visitors must maintain six feet of distance at all times.
- Members will be encouraged to be courteous and limit workouts to 60 minutes and sign up in advance for fitness center use during peak lunchtime hours.

Please contact our Healthy Titans Director Kate Harrell (harrellk@uwosh.edu) with any questions or concerns regarding the above. Please know our member and student safety is of utmost priority.