Dear members

Unigym remains committed to the health and safety of our members and visitors. When visiting the gym, we ask all members to follow the simple guidelines below.

If you're sick, please stay at home.

It is important that you bring a towel to workout with. Our staff will be monitoring this, so please ensure you bring one along to use. This means placing the towel on equipment when using to limit sweat transfer.

Please wipe down equipment before and after use with the disinfectant and paper towel provided.

Wash your hands frequently, with soap and water for at least 20 seconds. Use hand sanitiser as much as possible.

Our cleaning shifts have been increased and we will be taking other measures such as minimising our numbers in group fitness classes as a temporary measure.

We will also be uploading body weight workout videos to our Facebook page if you wish to stay at home during this time.

If you're feeling good and don't want to skip a workout, help keep your fellow members and visitors healthy by following some basic health practices!

Regards

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