

**No sleeves, no service reminder to all users**

**Our Fitness policy bans tank tops and other revealing clothes to prevent spread of germs and deterioration of equipment.**

- **No cut-off T-shirts, tank tops, sports bras or midriff exposing tops allowed.**
- **We want to keep sweat off of the machines the best we can. Please wipe down your sweat and clean the machines that you use.**
- **We have plenty of disinfectant sprays and wipes.**
- **This dress code is a way to preserve the equipment and reduce the risk of skin infections.**
- **We want to cut down on the skin contact with the gym equipment. The oils on people's skin can deteriorate the material on the machines in the gym.**
- **We also want to reduce the contraction of germs.**
- **The dress code rule is just another step for your safety**
- **We know that nobody wants to use dirty machines.**

**How To Protect Yourself From MRSA ... Especially at the Gym**

**The good news is that while MRSA may be difficult to treat once infection has taken place, preventing infection is relatively easy, provided you take a few precautions:**

**\* Regular and frequent hand-washing is still one of the most effective ways to prevent the spread of Staphylococcus aureus or MRSA — both in and out of the gym — since it can be present on the skin and a wide-range of surfaces and equipment. Antibacterial soaps are generally not necessary (except when utilized to stop a community-based outbreak of MRSA) and washing the hands thoroughly for at least 20-25 seconds with soap and warm water should do the trick.**

**\* If water is not available, washing the hands with alcohol-based “waterless” sanitizers is also effective at preventing the transmission of MRSA.**

**\* Thoroughly clean exercise equipment before and after using it. Insist that your gym provide plenty of disinfecting spray or solutions for the equipment as well a disposable paper towels.**

**\* Place a barrier (such as a clean towel) between yourself and shared-exercise equipment like weight machines, yoga or wrestling mats, Swiss or Stability balls, weight-lifting benches, etc. This includes locker room and sauna benches.**

**\* Use pump-based soaps in containers, versus bar soaps, which can more easily harbor MRSA**

**\* If possible, always shower with soap and water as soon as possible after working out**

**\* Keep any cuts, open wounds or skin abrasions well covered and bandaged.**

**\* Use topical antibiotic creams on minor cuts, wounds and abrasions as an extra precaution and keep them well dressed and clean.**

