

Who Should Stay Home

It's important that we all do our part to ensure the safety/comfort of ourselves and those around us. Because of this, not all athletes should be in class at the moment. It's suggested that athletes who align with the categories below hold off or decrease their in-person interaction at Blueprint Fitness for the time being.

Athletes who:

1. Have any symptoms of sickness (test and/or 2-week absence required).
2. Have had contact with someone with COVID-19 (2-week absence required).
3. Are a higher risk individual.
4. Come in contact with higher risk individuals on a regular basis.
5. Travel a lot outside of the state of Illinois.
6. Are not yet comfortable interacting with others in public settings.