



Sculptor Fitness COVID Protocols ~ Revised 1/11/21

Now more than ever, it is vital that our facility is safe and clean. We must work together to ensure we are following the COVID-19 protocol while creating an amazing training experience for each of you!

To open The Sculptor Fitness, we must adhere to the following guidelines. I pray these changes are temporary, and we can resume regular practices soon. The silver lining is that the gym will never be cleaner, and our policies forever improved. Let us know if you have any questions or concerns about revised protocols.

Read COVID-19 MANUAL

1. You have read and understood the procedures for reopening the gym.

Client Health Screening

1. You understand you may not come to the gym sick or with any of the Health Screening Symptoms
2. You understand you may not come to the gym if you have been exposed to someone with COVID-19
3. You understand that upon arrival at the gym, you must wash your hands.
4. We have a forehead thermometer & a fingertip pulse oximeter if you would like to self-check.

Client Scheduling

1. You understand that you must pre-book appointments / classes.

NO DROP-INS

1. You understand that our current capacity for the gym is 10 clients downstairs and 4 clients upstairs.
2. You understand that the front desk staff or the trainer will sign you in.
 - We are not allowing clients to touch iPad to sign themselves in.

Training Protocol

1. You understand that you must come **wearing mask** and workout clothes, bring a personal towel and water bottle. Bathrooms may not be used for dressing rooms.
2. You understand that you must be in designated training zones and may not wander throughout the gym. The revised guidelines are specific about masks, open air flow and clients distancing.
3. You understand that you must stay within training zones to ensure social distancing.

They are 10x15 = 150 s/f per client.

1. You understand that your trainer will place your training equipment in your zone.
 - You may not gather your own equipment.
1. You understand that no equipment can be shared with people outside your household.
2. You understand that all equipment must be sanitized with cleaner or UV Sanitizing Wand.
3. You understand that you must use a personal towel at all times.
4. You understand that you must arrive and depart on time to allow client staggering.
5. You understand that we are here to help you adapt to this "NEW" gym. This is a challenging time for everyone, and we want you to know you are valued. If you are feeling anxious or unsafe, please let us know. We are all in this together!