

## **COVID-19 AND ALL OTHER VIRUSES, BACTERIA AND MOST ALL DISEASES PROTOCOL FOR FITNESS SYSTEM ;)**

After being in business for decades this is not the first time we have had to work through hard times. AND WE ARE MORE THAN PREPARED TO STAY OPEN AND SERVE YOU and all those working to become stronger. We will continue to monitor this situation and how it affects our country, so while we all work through this as a nation and community, we ask the following of everyone on these premises:

ALL MEMBERS AND FITNESS SYSTEM ASSOCIATES ARE ASKED TO FOLLOW GUIDELINES WHEN IT COMES TO PREVENTING THE OUTBREAK OF VIRUS AND DISEASES (ALL OF THEM) INCLUDING COVID-19 (SARS-CORONAVIRUS);

**-Do not leave home or go into public places if you are coughing and currently ill. Please consider everyone else on the planet when acting.**

**-Consider wearing a mask if you are ill or fearful of becoming ill if you are in public. WE DO NOT RECOMMEND EXERCISING IN A MASK.**

**-Avoid direct contact with others who are coughing, sneezing, or you perceive to be ill. (Obvs).**

**-No visibly sick people will be allowed onto the premises for the safety of everyone. This includes children attempting to use childcare.**

**-Wash hands thoroughly and often with soap and warm water. Cover and scrub the entire surface area of the hand, fingers, fingertips and forearms. Sing a song if you must. ;)**

**-MANDATORY:** *Disinfect all surfaces you have touched with the sterile wipes or spray after you have finished as to prevent the spread of disease. These wipes are located all around the clubs as well as hand sanitizer for your safety. (We have had these wipes and sanitizer for years for your comfort and safety.)* Please continue to assist us in keeping the clubs as clean and sanitized as possible by wiping down machines after use and re-racking your weights.

- **MANDATORY:** All saunas will be limited to one person at a time with a 15-minute time limit, to ensure people remain a safe distance apart.

–IF YOU NEED TO COUGH, COVER IT WITH YOUR ELBOW OR SOMETHING OTHER THAN YOUR BARE HANDS.

–The staff is currently disinfecting all the surfaces of the club on an hourly rotation, but it is imperative that everyone work together to keep Fitness System the safe environment for growth it has been for so long.

-If you are over the age of 60, use your best judgement and EXTREME caution in public places. That said, you own your own body and you know best how to take care of yourself. Be safe. Be free.

-If you're healthy and working out with a friend, good for you. We will never stop you. #swollemates

-Fear and stress cause dis-ease (= disease) so be cool and be respectful of others.

-If people continue to act in a safe way and keep proper distance from others, we will not have to restrict time use or limit the access to individuals inside the club, beyond our normal operating capacity.

-Masks and gloves will be available to employees for use.

-Fitness System reserves all rights.