



## COVID19 What are we doing to provide a safe experience for you?

After reading this if you have any questions please do not hesitate to call our front desk at 360-385-3036 for any further details.

We can assure you that we are following all of the 'COVID-19 Fitness phase 2 &3' guidelines as outlined by the Washington state governors office, and our local health department.

What does this mean when you come into Evergreen Fitness? If you are visiting us for the first time, you will be asked to fill out your COVID-19 addendum to our regular waiver and release forms. This will remind you of our procedures outlined (below, CODE of CONDUCT)

Current Fitness COVID19 guidelines state that while you are engaged in exercise you are not required to have the face mask up, but Evergreen's policy is that you ALWAYS have it draped and ready to pull up if you cannot maintain social distancing, Always be respectful and courteous to other members. If in doubt, SANITIZE IT!

### **CODE OF CONDUCT**

I understand and confirm that I will follow any Washington State mandated rules, regulations, or mandates to participate in activities at Evergreen Fitness I will also follow any rules or guidelines that Evergreen Fitness requires to participate in activities onsite.

I understand that I am required to wear a cloth facial covering of the nostrils and mouth to enter and leave the facility.

My temperature may be taken and logged in on a sign-in sheet. If I have a fever of 100° or higher, I will be restricted from training at the facility and will be required to leave immediately.

I understand that I cannot enter Evergreen Fitness if I have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).

I understand that I cannot enter Evergreen Fitness if I have traveled out of state or out of the country. I understand that I may return to Evergreen Fitness after 14-days. Travel dates must be documented.

I understand that I am required to bring my own hand towel.

I understand that I am required to bring my own water bottles.

I understand that I am required to wash my hands or use facility provided hand sanitizer upon entrance to the facility and prior to entering the training floor. This will be confirmed by the trainer prior to any personal training appointments.

I understand that I am required to clean my workout station including mats, dumbbells, balls, kettlebells, etc.\_\_\_\_(initial here) I understand that I am required to wash my hands when the training session has ended.

Remember: **If in doubt, SANITIZE!**