



## Re-Opening Guidelines

The well-being of our members and staff is our top priority and in accordance with state and local orders and guidelines. Our team has been busy deep cleaning and preparing for re-opening. We plan to add several extensive cleaning protocols to ensure a safe and comfortable environment. Hours and schedules have been adjusted to allow for after-hours deep cleaning. Centro Fitness locations will close at 9pm, Monday-Friday to allow for extensive cleaning. We are required to only allow 25% capacity to enter our facility.

### **Self-Screening:**

We ask that our members self-screen before coming into our facility for any of the following new or worsening signs or symptoms of possible COVID-19

- Cough
- Shortness of Breath or difficulty breathing
- Chills, Repeated shaking with Chills
- Muscle Pain
- Headache
- Sore Throat
- Loss of Taste or Smell,
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 99.6 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

### **Upon Entering our Facilities:**

We ask that our members disinfect their hands upon entering; state mandated guidelines require members to wear gloves that fully cover from the wrist to the fingers. Centro Fitness will not provide gloves; members will be required to provide their own gloves.

Members entering our facility will have their temperature checked; anyone displaying a temperature reading of 99.6 or greater will not be allowed to enter and will be advised to seek medical attention. Every member will be asked several questions related to Covid-19 symptoms.

### **Face Covering:**

Members will be required to wear a cloth face covering over the nose and mouth when entering our facility and is required 100% of the time while in our facility.

## **Social Distancing**

We ask that our members maintain at least 6 feet separation from other individuals **not** within the same household. We are placing extra signage throughout each space to help guide you and practice proper social distancing.

## **Disinfecting Equipment**

We will continue to provide disinfectant wipes conveniently located throughout the facility. We ask that you please follow state mandated guidelines which require members to disinfect any equipment before and after each use, including exercise machines and weights. Alcohol based hand sanitizer will also be located throughout the facility.

## **Locker Rooms**

Locker Rooms and Shower areas will remain closed, restrooms and sink areas will be available for use.

## **Kids Club**

Kids Club will not be immediately available upon opening, but will be added as restrictions are lifted and we're allowed to safely accommodate our little members. Once Kids Club re-opens, the schedule may be adjusted to adhere to guidelines and orders. Reservations may also be required in order to maintain physical distancing.

## **Staff Safety:**

In addition to ensuring adequate spacing, our personnel will be required to wear masks. Upon arrival to the facility and again in the afternoon, each staff member will be required to have their temperature checked prior to beginning their shift. Any staff that does not meet the temperature criteria will be sent home. If any staff member is experiencing any aforementioned symptoms, they will not be permitted to work and will be advised to seek medical attention.

CentroMed has implemented several comprehensive policies related to Covid-19, every employee will be required to follow these policies accordingly.

## **Member Responsibility:**

Amenities and programming will vary with time as we navigate through the re-opening of our facility. There will likely be some new challenges and adjustments; we thank you in advance for your patience and understanding. We appreciate your cooperation in helping to keep our facility open by following our new way of operating.

By returning to the facility, you understand that you must do your part to help keep yourself, fellow members and staff safe and healthy. I agree to abide by the aforementioned guidelines and reaffirm the liability waiver executed on my original Membership Agreement.

I voluntarily assume the risk of utilizing Centro Fitness facilities on behalf of myself and my dependents.

\_\_\_\_\_

Member's Printed Name

\_\_\_\_\_

Member's Signature

\_\_\_\_\_

Date