

# COVID-19 POLICIES



Member Name: \_\_\_\_\_ Member Number: \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## World Gym COVID-19 Policies

- All members **must** use hand sanitizer located at our main entrance before entering and leaving the facility
- All members **must** answer "no" to the posted screening questions before entering the facility
- It is recommended to wear a face mask entering and exiting the facility, **not** while working out
- All members **must** maintain a physical distance of 6ft from other members or staff at all times, unless place of residence is the same
- Members **must** follow posted directional arrows to help promote safe physical distancing
- All members **must** scan in and out of the facility, this is to help us maintain our capacity limits
- If utilizing, all members **must** wipe their day use locker of choice before and after use
- All members **must** wipe equipment before and after use, please see stickers placed on the equipment to ensure all areas are wiped
- Sharing equipment (working in between sets) is **not** permitted until further notice
- Personal equipment is **not** permitted on the gym floor (e.g. gym bags, wrist wraps, lifting belts, fabric bands, barbell pads, etc.)
- All members **must** use their own refillable water bottle. Water fountains will **only** be used as a water bottle re-filling station. Mouth pieces and buttons will be covered to prevent the spread
- Working out in groups or spotting is **not** permitted until further notice. Please ask a trainer or staff member equipped with a mask to spot you!
- **No** foam rollers, lifting belts, wrist wraps, dip belts, yoga mats, fabric exercise bands or barbell pads will be available to loan from the front desk
- Workouts will be limited to **90 minutes** until further notice. This is to ensure fair wait times for all members wanting to workout!

I, \_\_\_\_\_, acknowledge and agree to follow the policies stated above to ensure a safe and healthy environment for World Gym and its members. I agree to only use the facilities in good health, and not with any contagious conditions or maladies which may impose a health risk to others in accordance with provincial and local health requirements. I understand I am using the facilities at my own risk and will not hold World Gym liable as a result of illness incurred.

\*World Gym reserves the right to suspend or revoke memberships without refund or change of membership fees for a breach of rules or regulations stated above.

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_