

*Welcome Back!*

## **PERSONAL TRAINING SAFER AT HOME SAFETY PROTOCOLS**

1. Please stay in your car until your exact training time.
2. The building will remain locked until your scheduled time, and Janet will let you in.
3. Please do not congregate at the entrance if you are in a group training session and not in the same household.
4. Staff are required to wear a mask, and patrons are strongly encouraged to wear a mask.
5. Please bring your own hand wipes, towel, and water bottle.
6. If group training and not in the same household, each member of the group must always remain 6 feet apart. Staff will always remain 6 feet from clients.
7. If group training and not in the same household, equipment must not be shared.
8. Staff will disinfect area (all equipment used, bathrooms if used and all high touch surfaces) after each training session.
9. Please reschedule your session if you are sick or exhibiting symptoms.
10. Have fun and get fit!

