



Be Fit Safety Pledge

Our clients' health and safety are extremely important to us. Since the outbreak of Covid-19 and upon reopening our fitness studio, in a "good faith" effort we are implementing the following guidelines to be followed until further notice:

- **Stay Home if Feeling Unwell** – If you, or any of your family members are sick or have been sick, you should stay home and refrain from working out in public. A Be Fit online training session may be the better alternative.
- **Health Screening** – Upon arrival, all clients will be asked a series of questions to include:
 - Have you been sick or experienced any cold or flu-like symptoms in the past 14 days (fever, shortness of breath, cough, sore throat or other upper respiratory problems)?
 - Have been in contact with anyone who is ill or diagnosed with Covid-19 in the past 14 days?
 - Have you boarded an airplane for domestic or international travel in the past 14 days? If during the screening process any other symptoms are detected or you have answered "yes" to any of these questions, you will be asked to reschedule your session.
 - Jen and Gary will be adhering to the above screening along with periodic temperature checks throughout the day.
- **Personal Protection Equipment** - All clients will be required to wear a properly fitting facial mask to cover nose and mouth upon entry to facility. If a client arrives for their session without a facial mask, they will not be permitted in the building and they will be charged for the session.
- **Personal Care** - Hand washing with soap and water is required upon entry to Be Fit and after the completion of session. Avoid touching your eyes, nose and mouth. Cover coughs and sneezes. Hand sanitizer and tissues will also be provided for clients to make use of during their workout. Be advised we will be asking clients to minimize touch points throughout the facility. Be Fit will continue to provide towels, however, clients will be instructed to keep them on their person during their session. Clients will be instructed as to where to place their personal belongings, i.e., phones, bags, purses.
- **Daily Cleaning** – We have stepped up our cleaning procedures using a disinfectant cleanser throughout the gym. We will sanitize each piece of equipment used during a client's workout. Frequently touched surfaces such as door handles, light switches, faucets, etc. will be cleaned throughout the day. A more thorough cleaning will be performed at the end of the day in order to ensure proper sanitizing protocols are followed.
- **Physical Distancing Protocols**
 - **Entry/Exit** – For the safety of everyone, Be Fit will be closely managing the entry and exit of our facility by asking clients to not arrive prior to their appointed time. Should you arrive early, please wait in your car. Our door will remain locked at all times and no one will gain access without being greeted by Jen or Gary in order to conduct the health screening. If a client is exiting Be Fit, please allow them ample distance to do so. Clients will depart promptly when their session has concluded while making sure the doorway is clear.
 - **Distancing** - We will ensure a distance of at least 6 feet is kept at all times. Training zones will be utilized when multiple clients are present or when deemed necessary. There will be no congregating in hallways and other common areas. Indoor group classes are cancelled until further notice.

We recognize the above guidelines may present inconveniences for everyone; however, we believe them to be short-term in nature. Our priority is a safe and seamless transition. We appreciate your support and patience as we resume in-studio business.

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