



Get Cut Fitness Health and Safety Promise

The Get Cut Fitness Health and Safety Promise is a code of conduct to ensure ALL who come to Get Cut Fitness including our staff, clients, and their families are provided a safe, germ free place to exercise. We're in this together!

At Get Cut Fitness we know you want to train in an environment that is safe and we are consistently taking action to ensure cleanliness. Even though we have always had cleanliness as one of our top priorities, we have taken further action to improve our internal protocols and procedures to fulfill current needs. Our mission has always been to get you results in an environment you feel safe in. With that in mind we are implementing the following procedures.

We promise to enforce the following:

- 1. Stay Home Policy** – We promise that any staff member who is sick, has been sick, or has an immediate family member who has been sick will be required to stay home until there are no signs of sickness for a minimum of 72 hours.
- 2. Clean Entry Policy** – We promise to ensure all team members thoroughly disinfect their hands and personal items when they enter the building.
- 3. Hand Washing Protocol** – We promise to ensure all staff will wash their hands or use hand sanitizer before and after every training session and are encouraged to do so as much as reasonably possible throughout each session.
- 4. Sanitation Stations** – We promise to provide and stock sanitation stations around the gym so you have the tools necessary to keep yourself and the gym clean. Those Stations will include: Hand sanitizer, anti-viral/anti-microbial wipes, disinfectant spray, and masks and gloves (for those that would like to use them).
- 5. Professional Grade Cleaning** – We have ALWAYS kept the studio professionally cleaned! However, we have increased the number of visits they are coming to our studio and they will be doing deep cleanings every Wednesday. We also contract with Cintas to provide HOSPITAL GRADE cleaning products to thoroughly sanitize the gym. We will also be doing hourly sanitations of:
 - Bathrooms, door handles, high touch surfaces
 - Metal equipment, benches, med-balls, dumbbells/kettlebells, bands, and all other equipment.
- 6. Well ventilated space:** We promise to always have both the front and back door open to allow for maximum air flow or, if the doors must be closed, to run the HVAC unit using hospital grade air filters that eliminate bacteria, mold, and viruses.
- 7. Clean mat policy:** We encourage you to bring your own mat, but if you choose to use a mat provided by us, we promise to ensure all members use anti-viral/anti-microbial wipes to clean their mat. After the members have wiped down their mat, our staff will further disinfect the mats using hospital grade disinfectant and allow them to air dry before the next use.
- 8. Practice Safe Social Distancing** – We promise to put you in the best situation for success. That means smaller class sizes, and spacing people out a minimum of 12-18 feet apart during workouts
- 9. Masks** – All staff will use masks should they be required to come within 6 feet of any other person.



YOUR PROMISE TO OUR COMMUNITY: Here's how YOU can play a stronger part in keeping our community safe and clean. Using "best" hygiene practices not only ensures your own safety but the safety of our staff and other community members and their families. Let's do our part together.

1. _____ **Stay Home Policy** – I promise to STAY HOME if I am sick, have been sick, or have an immediate family member who has been sick and will stay away from Get Cut Fitness for a minimum of 72 hours after all signs of sickness have passed.
2. _____ **Check-in Policy** – I understand, upon entry, a touchless temperature check will be taken and I will be asked health questions including: Do I have any fever, sore throat, cough or shortness of breath? Have I been in close contact with anyone who has been diagnosed with Covid-19? If yes to either question I understand I will not be able to work out in-person until I am cleared by a medical professional, have finished any imposed mandatory quarantine period and have no symptoms present.
3. _____ **Clean Entry** – I promise to disinfect my hands upon entry to Get Cut Fitness and will only bring minimal items inside the studio (keys, phone, workout towel)
4. _____ **Hand Washing** – I promise to wash my hands often.
5. _____ **Proper Sanitation** – I promise to clean up after myself and thoroughly disinfect all touched equipment after use with the anti-viral/anti-microbial wipes provided by Get Cut Fitness. I will also regularly use hand sanitizer, wipe up sweat, and encourage others to do the same.
6. _____ **Personal Hygiene and Sanitary Practices** – I promise to use best practices.
 - I will wash my hands if I cough, sneeze, blow my nose, or use the bathroom.
 - I will not chew gym or anything else that will need to be spit out of my mouth.
 - I will not bring any food into the studio (water bottles are okay and encouraged).
 - I will wear proper gym attire to and use a workout towel to cover and contain my sweat.
 - I will respect others personal space and if I need to cough, sneeze or blow my nose I will do so in a tissue or a personal/disposable item.
7. _____ **Social Distancing**. I will allow others the space they need to train safely. I will do my best to maintain a 12-18 foot distance from others when exercising and I will wear a mask when I enter or exit the building and at all other places I may pass within 6-feet of another person.

I understand that these efforts are for the benefit of the entire Get Cut Fitness community and agree to uphold to the best of my ability. In doing so I am ensuring the safety of others, myself and my family.

Name: _____

Signature: _____

Date: _____