Xavier Recreational Sports COVID-19 Personal Training Agreement

In an effort to keep both our clients and our personal trainers healthy this fall, we have outlined a new set of policies and guidelines for both parties to follow. Please read the updates below and sign your name and date. This will be required for all clients who wish to train in the fall of 2020.

New Policies

- All payments for personal training will be cashless. Please bring a debit or credit card to pay at the front desk for your sessions.
- Trainers & clients will both be required to wear masks for the entire duration of the workout session.
- Trainers & clients will both be required to socially distance 6ft or greater at all times when possible for the duration of the session.
- Trainers will be responsible for cleaning/sanitizing any equipment or items they touch throughout the session prior to the client using them.
- Clients will be responsible for cleaning/sanitizing any equipment or items they touch throughout the session.
- For Fitness Assessments, no skinfold measurements will be taken. Only BIA body fat testing will be available.
- For Fitness Assessments, all tests/measurements are optional <u>except</u> the heart rate and blood pressure reading. This is required to screen for any high-risk underlying conditions that may put a client at risk for training. In the case that the reading puts the client in the high risk category, a physician's clearance form will be needed to begin training.
- For Fitness Assessments, the door will be propped open to allow for better air flow and the trainer will maintain social distance, wear gloves during all assessments, and will sanitize the room before and after the client's arrival.

COVID-19 Symptoms & Cancellation

While we typically implement a 24-hour notice cancellation policy (if a client cancels less than 24 hours before the scheduled session, the session will be forfeited and charged to client's account), this fall we encourage you to notify your trainer and cancel your session if you are presenting any of the COVID-19 symptoms or if you have had a known contact with someone who was COVID-19 positive. Please know that in this case we will not charge the session, but we will require a 14 day period before you will be allowed to return to training. The same protocol will apply for trainers.

People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Signature _____ Date _____