

Easton Fitness & State mandated Covid-19 Safety Standards, Policies and Procedures:

- ⇒ Easton Fitness maximum occupancy is 40 people.
- ⇒ You must wear a face covering while entering, exiting and moving through the Gym.
- ⇒ Please come “light”...minimal personal items. Gym bags, back packs, etc. must remain in your car.
- ⇒ Please sanitize the area where you place your personal items such as car key, cell phone, ear buds, etc.
- ⇒ General use of the water fountain is prohibited. However, the water fill station is authorized for use.
- ⇒ You must sanitize your hands upon entering and exiting the Gym.
- ⇒ Face coverings are **optional** and at your discretion while using the cardio equipment on “cardio row.”
- ⇒ Face coverings are **optional** and at your discretion while using the strength training equipment in the free weight area.
- ⇒ Face coverings are **mandatory** while using the Matrix sectorized strength training equipment.
- ⇒ Face coverings are **mandatory** when less than 14 feet physical distancing is not possible while exercising AND no respiratory shield/barriers are in place.
- ⇒ Please be careful in the free weight while lifting heavy loads as “spotting” is prohibited.
- ⇒ In general, when exercising without a face cover you must maintain at least 14 feet physical distance when no respiratory shield/barriers are in place.
- ⇒ In general, a face cover is not required when exercising at a minimum of 6 feet physical distancing when respiratory shield/barriers are in place.
- ⇒ If there are no respiratory shields/barriers in place you must wear a face covering and maintain a minimum of 6 feet physical distancing.
- ⇒ All equipment: cardio, dumbbells, barbells, straps, bands, etc. **MUST** be cleaned immediately upon completion of exercise.
- ⇒ Please do not set up or perform “super-sets” in the free weight area or Matrix sectorized strength training equipment. Ensure you wipe all equipment, handles, etc. before moving on to your next exercise.
- ⇒ Please consider sanitizing your hands periodically while exercising.
- ⇒ Please read and follow all signs and placards throughout the Gym.

I certify that I have read Pages 1 & 2 of the Easton Fitness & State mandated Covid-19 Safety Standards, Policies and Procedures. I further certify that I will comply with the above as stipulated:

_____ Date Signed: _____
Print Name

Signature