

COVID-19 Screening Form:  
Do you have any one of the following...

- fever (chills, sweats)
- cough or worsening of a previous cough
- sore throat
- headache
- shortness of breath
- muscle aches
- sneezing
- nasal congestion or runny nose
- hoarse voice
- diarrhea
- unusual fatigue
- loss of sense of smell or taste
- red, purple or blueish lesions on the feet, toes or fingers without clear cause
- Have you traveled outside of Nova Scotia within the last 14 days?
- Have you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19 (e.g. individuals exposed without appropriate PPE in use).

If answer yes to any of the above we ask that you return home and contact 811.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Locker Room Health & Fitness Club, Ltd

### Covid-19 Consent & Waiver

I have reviewed the safety information provided by Locker Room Health & Fitness Club, Ltd. and agree to follow required procedures set out therein. I agree not to hold Locker Room Health & Fitness Club or any of its staff liable should I contract COVID-19 as a result of attending or working out at Locker Room Health & Fitness Club, Ltd.

I agree and acknowledge that I am not presenting with any symptoms of COVID-19 today, and will inform Locker Room Health & Fitness Club, Ltd. immediately if I test positive for COVID-19 within the next 14 days. I acknowledge that if I do not comply with Locker Room Health & Fitness Club, Ltd.'s safety procedures, the Locker Room Health & Fitness Club, Ltd may cancel my membership without refund and I may be asked to leave immediately. I agree to indemnify and save harmless Locker Room Health & Fitness Club, Ltd. and its's Staff for any intentional refusal by me to follow safety protocols that were provided to me.

DATE: \_\_\_\_\_

\_\_\_\_\_  
Signature of Patient/Decision Maker

\_\_\_\_\_  
Initials

DATE: \_\_\_\_\_ Initials: \_\_\_\_\_

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## **COVID-19 CLUB RULES:**

1. All bookings for Club use will be done through the Scheduling App found on our Website & Facebook Page. Limited to 1hr/day workout at this time.
2. We will have limited common area space, you will be allowed in at your scheduled appointment time.
3. We encourage members to arrive in workout attire. Personal items limited to 1 small kitbag permitted on main floor that may travel with you as you work out.
4. You must use hand sanitizer upon entering the building.
5. Each time you enter you will be asked to answer a health question screening.
6. We ask all clients to distance 6 feet from others and staff. (There is no bubbling in the club)
7. Juice Bar, Towel Service, Water Fountain, Showers & Sauna will be closed for the time being. Water, Pre-made Shakes & Protein Bars available for purchase.
8. We are limiting the number of clients in the bathroom to 3 at a time; so please be respectful of wait times.
9. Classes will be capped based on class format & required physical distancing, and you must stay in your marked space.
10. Members are asked to disinfect their equipment before and after usage. We will be monitoring to ensure these requirements are met and enforced. Failure to comply can result in suspension of membership privileges for the day.
11. Spotting will be done by Staff at their discretion. If staff spot you they will wear a mask.
12. In addition to our Antibacterial Wipes, we will be using SaniFog Disinfectant. Fogging will be used 2 times daily through facility by staff.
13. Eating food (including, but not limited to protein bars) is not allowed inside the building at the time being. Water must be in a closed top bottle.
14. We will be accepting Debit & Credit payments only on site at this time.
15. Masks can be worn at the discretion of the member. These will not be provided by the club.