



Members Please READ Carefully

COVID-19 SAFE PRACTICES

- 1) **STAY Home** if you show **symptoms** or may be a in **high risk population** **NO exceptions!**
- 2) Members are to remain outside of gym until doors open for each session.
- 3) Sign-in is required at arrival. ALL members will be informed of new policies NEW forms
- 4) **NO** outside personal items **ALLOWED** (Ex: Towels, Gym Bags or Water Bottles)
- 5) All members should follow all hygiene precautions
 - A. **WASH Hands** before arriving to gym
 - B. Use hand **SANITIZER** when entering gym. Sanitizer will be made available!
 - C. Face covering are optional for members while exercising. *Homemade masks are acceptable for those who choose to wear them.*
 - D. *Mask will **not** be made available by gym*
- 6) If possible, **BYOE!** Bring your own equipment (gloves, headgear, cups, etc.)
NO sharing gear... this means you **cannot share gear!**
- 7) **Maintain 6-foot social distancing** (ex. **NO Sparring, NO focus Mitts, etc.**)
- 8) Maximum of one (1) member in gym per 225 sq. ft (15ft x 15ft)
- 9) **MAX 25 persons per each Session** including coaches.
- 10) **PARENTS** will sign-in your child **BUT** will have to wait outside gym till class ends.
- 11) **Phase 1** will last a minimum of **7 days** and includes an evaluation before moving onto **FINAL Re-opening Phase** (check the **NM State Guidelines**)

GYM MEMBER'S IMPORTANT NOTE

Members will participate in the safe practices for USE of Equipment as follows:

We strongly suggest sanitizing shared equipment

- *Members will be responsible to sanitize each piece of equipment after each use.*
- *Sanitizer spray bottles and paper towels will be made available at each station.*

