

The Gym Terms of Use and Mitigation Plan

May 9, 2020

EVERY PERSON WHO ENTERS the Gym must read and sign these terms of use and meet all requirements prior to use. The following are requirements from Phase 2 Appendix K of the State of Alaska. Initialing and signing this form indicates that you understand there are some risks during the Covid-19 pandemic and these measures do not reduce the risk to zero. If you experience symptoms, YOU MUST LET US KNOW so we can help inform others who may have been exposed. Wash your hands often and don't touch your face.

Read and initial every section. These are applicable to owners, managers, staff, and general members:

- **Before entering**, you must be willing to attest to the following:
 - I have not had a fever during the last 72 hours.
 - I have no symptoms of Covid-19 such as coughing, shortness of breath, lack of energy, other.
 - I have not been exposed to someone with Covid-19 symptoms or who has been diagnosed.
 - I am willing to follow the terms of use below. If I do not, I understand that I must leave the facility.
 - If I witness others not following these terms, I will bring it to the attention of staff.
- As you come in:
 - Do not bring any bags or clothing into the facility. You must come dressed to work out. Do not bring any personal belongings with you. Locker rooms are closed.
 - You must wash/sanitize your hands as you come in. USDA "E3" Hand sanitizing compound from Alaska Brewing is provided at top of stairs. Requires no rinsing. One squirt, rub vigorously!
 - You must initial every section of this form before working out, every time.
 - Take a spray bottle and a cleaning cloth with you for use inside The Gym. Clean the equipment BEFORE and AFTER use. Remember that Covid-19 can live on steel for at least 17 days. Disinfect before use.
 - The only restrooms available are on the mid-floor (near the sauna, which is closed).
- Areas of the Gym:
 - **Enter through upper door.** If you don't have your FOB, you may not enter, because electronic monitoring is required.
 - **Exit through lower door.** Scan your FOB again as you leave. This is a requirement.
 - The locker rooms are closed. There are two restrooms on the middle floor that you may use.
 - The sauna is closed.
 - The main gym floor and studio are divided into zones by tape on the floor. The Circuit Cave is considered one zone.
 - ONLY ONE PERSON IS ALLOWED WITHIN EACH ZONE AT A TIME.
 - Please limit your time to 20 minutes in each zone unless no one is obviously waiting.
- Use of Equipment:
 - You must clean every piece of equipment, including steel & mats before and after each use EVERY TIME.
 - You must maintain a minimum of Twelve FEET away from every other person. This includes trainers, family members, anyone. No gatherings of any number of people are allowed on site. If someone approaches you, it is your responsibility to maintain the 12 feet.
 - Please limit your entire time in The Gym to one hour.
 - Wear a protective face covering while in the gym.
 - Wash/sanitize hands frequently while in The Gym.
- If you see something that is not safe or someone who is not following these terms of use, you are required to bring it to the attention of onsite staff or text Steve 723-1432; Kristin 723-6612.

Your Name

Your Signature