



Code of Conduct

Keep us all safe, do not enter if you have:

- A fever, cough, sore throat, shortness of breath, diarrhea, and/or loss of taste or smell
- Been in contact with anyone who has had these symptoms in the last 14 days or who has tested positive for COVID-19 in the last 14 days
- Travelled by sea or by air in the last 14 days

When you arrive (please):

- Arrive 5 minutes prior to your appointment and line up in front of the club while maintaining 6 feet distance.
- Once indoors, keep RIGHT for MMA/classes. Keep LEFT for fitness.
- Once at reception, give your name and membership number.
- Please answer all screening questions asked by reception and have your temperature taken.
- You will be given a sanitation bottle with a number on it. Please return this bottle when workout is complete.
- Once cleared, please go to designated area.

Share Access (please):

- Workouts will be limited to 50 minutes
- Members reserve your workouts via online scheduler on our website
- Members reserve your class spot via online scheduler on our website

- 2 no-shows/late cancellations in a month will be allowed without charge. If that is surpassed, \$15 will be charged.
- IF you are sick, you will not be able to return prior to the 14 days without a negative COVID-19 test.

While you are in the club:

- Maintain 6ft distancing when possible.
- Masks are required in the gym. If you are doing aerobic or high intensity activity you may remove your mask provided you are maintaining 6ft of distance.
- Sanitize equipment BEFORE and AFTER use
- Everyone will receive their own sanitation bottle upon entry. This bottle will be numbered, and members will be required to return bottles after workout is complete. Between each usage, every bottle will be sanitized thoroughly by one of our staff.
- Enter and exit in designated areas
- Follow the flow of traffic
- Come prepared to workout in your gear. If you are here for FITNESS please head to the LEFT. Fitness change rooms have been moved, please ask front desk for direction. If you are here for MMA please head to the RIGHT. MMA change rooms have remained the same.
- To ensure safety, only those clients from the same household will be able to grapple, clinch, and physically contact.
- Parents will be required to drop off their children and will not be able to remain within the facility for the duration of the class

In our efforts to create the safest environment we reserve the right to refuse entry to anyone we believe to be in violation of any of the aforementioned, or poses a risk to staff or members.