

Guidelines for all Clients:

Review our COVID preparation and guidelines at <https://www.balanceforlifefitness.com/covid-19>

1. If you or a family member in your home is sick, please stay home.
2. Please do a health screening located in upper right corner on this link <https://www.balanceforlifefitness.com/covid-19>, BEFORE coming in if you have a fever of 100.4 or greater, a cough or shortness of breath, please do not come in to BFL, please call and cancel and contact your physician to see if a COVID test is warranted.
3. If you or a family member in your household is diagnosed with COVID please notify us immediately and follow the Dept of Health Guidelines and do not return until you are cleared by the Dept of Health
4. You must enroll in a class ahead of time, no walks ins.
5. Wash your hands before and after every massage, session or class with soap and water for at least 20 seconds. We have a sink in each of the 4 bathrooms and a sink in the workout area.
6. If you must blow your nose, cough or sneeze use a tissue or cough into your elbow. Then wash your hands or use hand sanitizer which is throughout the fitness center.
7. Avoid touching your eyes, nose and mouth.
8. Try to maintain 6 feet of distance between other clients.
9. When traveling internationally by plane, we request you refrain from coming into Balance for Life for 14 days to ensure you are symptom free.
10. All clients and staff are required to wear a face mask inside Balance for Life. Clients must provide their own mask.
11. Do not use a cardio machine right next to another client. Pull curtain at the end of cardio row by aisle to create a barrier.
12. Hospital grade wipes and also hospital grade spray cleaners are available throughout the studio (all EPA approved disinfectants).
13. If any clients or staff prefer to wear gloves that is ok, we just ask that you still wipe everything off. Clients must provide their own gloves.
14. You are welcome to bring any props for classes from home that you choose such as a mat, yoga blocks, strap. We ask that you sanitize them before class at BFL.

Studio/Client Procedures from Arrival to Departure for clients working with a trainer for a private session:

Things to know: Before leaving home have your mask. If you wish to wear gloves that is fine, they are not required and you must provide them. We ask that you put on clean gloves when arriving at the studio.

1. Put on your mask when approaching the studio.
2. Wait to enter if there are multiple people in the front area.
3. Enter the studio sanitize your hands
4. Proceed to the bathroom or sink in workout area and wash your hands for at least 20 seconds.
5. All personal belongings must be put in a locker. If you need a locker, sanitize the locker and key with a wipe located on the left, place the items in locker
6. Grab water and towel if needed (do not touch multiple water bottles or towels, hands free water bottle filler still available).
7. If you are arriving for a private training session you can use the cardio machines before or after please sanitize the machine before and/after. Please do not use a machine next to another client, you must keep social distance.
8. Sessions have been updated to 25 or 55 minutes to allow time for the staff to sanitize and wash their hands.
9. If you are not doing cardio before a private training session, we ask you to socially distance while you wait for the trainer to be ready. They will need to sanitize everything from the previous session and wash their hands before they are ready. They will reach out to you when they are ready to start.
10. Tactile cueing will be avoided at this time.
11. Upon completing your session, the trainer will sanitize everything used in the session
12. Please wash your hands after completing your session.
13. Collect your belongings from the lockers and wipe down the locker key
14. You may exit out the side door if no one is in the personal training area within 6 feet or you can exit out the front door.
15. It is suggested that you wash your socks, mask and clothes after returning home.
16. As we learn more about COVID these procedures are subject to change, and we will let you know when we make changes.