



## Rules of the Arena Relating to Coronavirus/COVID-19

Please read the rules carefully and please know we are doing everything to keep the gym clean and everyone safe.

1. You will have to sign up on-line to use the gym so that we can monitor the number of people allowed at one time. We have divided the sign up into 45 minutes of cardio equipment (only one time slot allowed) and 30 minutes weight/training equipment (you can sign up for back to back slots). You can sign up on our website under the tab "scheduling" at [www.thearenafitness.com](http://www.thearenafitness.com)
2. We will have floor staff available to check you in when you arrive and to make sure that everyone adheres to their scheduled time slots. When you arrive, please wait outside the gym with a mask on and our staff will let you in one at a time.
3. Temperature will be checked when you enter the gym and you will have to sanitize your hands.
4. Masks must be worn at all time.
5. We will have signs on the machines which cannot be used to adhere to social distancing rules and there will be specific spots for weight training.
6. You MUST clean down your equipment - all your equipment - after use. We will have cleaning throughout the day, but it is your responsibility to help keep the gym safe.
7. There will not be towel service until further notice - please bring your own towel.
8. You may only use the water fountain to fill up your bottle - no drinking from the water fountain.
9. Showering will not be available and the locker rooms are off limits unless you need to use the facilities. Please do not bring gear into they gym - only your keys are allowed.
10. Please contact us if you need a medical accomodation.
11. If our time slots conflict with your work schedule please contact us
12. We will be offering members the ability to get on a waiting list if there are no open slots

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Signature of Parent/Guardian

Date

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Print Name of Parent/Guardian

Name of Club Participant(s)