



Declaration of Health

We are very happy to welcome you back to NRG 4 Life Fitness. To ensure a safe environment for everyone we ask that you carefully read and sign the member code of conduct for COVID-19 protocol during our reopening.

Entry

All members and visitors are required to complete the following protocol at the reception area *before* using any part of the fitness facility including weight rooms, studios, mezzanine and bathrooms.

- Wear masks upon entering (& during temperature check) and leaving.
- Use hand sanitizer provided.
- Forehead temperature check (quick & painless, no contact).
- No food or drink can be brought in. Pre-filled water bottles only are allowed. Bottles of water are available for sale.

Beyond Check-In

- All members must clean/disinfect designated equipment before and after each use. Cleaning supplies are available.
- Showers will not be available at this time. Bathrooms are available. All clothing must be kept in your personal dedicated workout bag or bag provided.
- All members and visitors must always maintain six feet of distance.
- All members and visitors must follow all directional signage and instructions from team.

Members

- Physical distancing must be respected. No contact of any kind is permitted including spotting.

Exit

- Members are highly encouraged to follow Ontario Health Services and Government of Ontario. Guidelines outside of the facility to mitigate risk of disease transmission.
- Any items, for example clothing or water bottles, found during the cleaning intermissions will be disposed in the garbage the same day. There will be NO Lost and Found.

WAIVER: In light of the COVID-19 pandemic, I reaffirm the Waiver which I executed on my Member Agreement and assume the risk of use of the NRG 4 Life Fitness.

COVID HEALTH DECLARATION

In order to ensure the health and safety of all of our staff, members, clients and patrons, The NRG 4 Life Fitness Centre requires visitors to fill out a COVID HEALTH DECLARATION prior to return to the fitness centre. This additional waiver is for your safety as well as others. Anyone who answers YES to any of the questions or displays any of the listed symptoms WILL NOT be allowed in the fitness facility until such a time that the person is deemed healthy by their physician.

1. Do you have any of the below symptoms:

- Fever (greater than 38.0C) YES NO
- Cough YES NO
- Shortness of Breath / Difficulty Breathing YES NO
- Sore throat YES NO
- Runny Nose YES NO

2. Have you, or anyone in your household travelled outside of Canada in the last 14 days? YES NO

3. Have you, or anyone in your household been in contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19? YES NO

4. Are you currently being investigated as a suspect case of COVID-19? YES NO

5. Have you tested positive for COVID-19 within the last 10 days? YES NO

I agree to report any changes in my health with regards to Covid-19 symptoms immediately to a member of the NRG 4 Life Customer Service Team at the Reception.

I acknowledge that the information provided on this document is correct and I agree to all of the stipulated conditions:

Printed Name _____

Signature

Date _____

Please complete and return this form to info@nrg4lifefitness.net

prior to your first visit. Entry will not be permitted to those that have not completed this form.