

What is JSF doing to keep you HEALTHY & SAFE?

We have consulted with several medical professionals; both physicians and administrators to create a safe, fun, and healthy environment for all! We are committed to keeping our members and staff safe by taking the following steps:

CLEANING PROTOCOLS

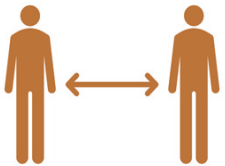
Certified Sanitary Safe - Our facility was sanitized and scrubbed top to bottom (every inch floor to ceiling) with organic, hospital-grade antiviral disinfectants and air purification and then tested by a third-party to ensure the business is safe and sanitary.

Note - I am not aware of any other fitness facility that has gone to this length to clean their facility



- ◆ In addition, we have a **Deep Professional Cleaning Service** multiple times per week, we are extremely confident in Esmeralda and her team. They clean every piece of equipment, dumbbell, med ball, surface of the gym, lobby, and bathrooms.
- ◆ JSF Staff will be spending time following a **Daily Cleaning Checklist** before, during, and after sessions to clean & disinfect everything that is being used.
- ◆ **How Can Members Help?**
Simply follow staff directions; we will be stocking the gym with disinfecting spray, wipes and hand sanitizer.
There will be (6) stations around the facility for you to use as you wish between sets, reps & stations.

PROPER DISTANCING



We will be altering the format of the training sessions to allow proper spacing of equipment & workstations so athletes have their own space throughout the session. Staggering our equipment, creating smaller group blocks, and using floor tape when necessary will be some of the changes being made.

YOUR EQUIPMENT

We will be limiting and/or eliminating the use of shared equipment during the sessions. Our program design will accommodate proper spacing of equipment with frequent and thorough sanitizing before, during and after use.

Gloves will be available at each of the (6) stations around the facility for your use.



SAFETY PROTOCOLS

- ◆ Staff will be required to take their temperature prior to arriving at work and if they are feeling anything less than amazing and/or have a temperature over 100.4 they will be required to stay home.
We also Thank You in advance for staying home if you are experiencing flu-like symptoms such as fever, cough or shortness of breath.
- ◆ Staff will also have a **Daily Health Checklist** they must complete every day upon arrival to work that includes recording temperature, taking a health assessment and documenting it daily prior to shift.
Temperature checks will also be available to members at request.

(6) Cleaning Stations, each includes:

- ✓ Hand Sanitizer
- ✓ Disinfecting Wipes
- ✓ Disinfecting Spray
- ✓ Gloves
- ✓ Masks available on request



Additional Protocols:

- ✓ New Entry Protocol - One Entrance Only
- ✓ Sanitizing Shoes Station As You Enter
- ✓ Hand Sanitizing Immediately Upon Entrance
- ✓ Antiseptic Hand Soap in Bathrooms
- ✓ Best Practices Tips Posted Around the Facility