

STAY HOME IF YOU OR SOMEONE IN YOUR HOUSEHOLD HAS ANY OF THESE SYMTOMS:

- **COUGHING**
- **SNEEZING**
- **RUNNY NOSE**
- **BODY ACHES – FATIGUE- HEADACHE**
- **FEVER-CHILLS**
- **NAUSEA-VOMITING - DIARRHEA**
- **CONTAGIOUS SKIN DISEASE OR LICE**
- **SHORTNESS OF BREATH *NEW LOSS OF TASTE OR SMELL**

CHECK IN PROCESS, BE FREE AND CLEAR OF ALL THE ABOVE SYMTOMS (NO FEVER REDUCING MEDS) PLUS: WE WILL HAVE A VIRTUAL THERMETER

STAY HOME FOR 20 DAYS IF YOU OR A FAMILY MEMBER HAS BEEN EXPOSED TO COVID19 , MUST RETURN WITH A DOCTORS NOTE.

DROP OFF OR WAIT OUTSIDE, NO WAITING INSIDE OR COMING INTO THE BUILDING WITHOUT AN APPONTMENT OR PRESCHEDULED TIMESLOT. NO EATING INSIDE. BRING YOUR OWN WATER BOTTLE

WEAR A MASK IN ALL SHARED COMMUNITY AREAS SUCH AS THE ENTRY AND BATHROOM UNTIL YOU GET TO YOUR SOCIALLY DISTANT SPOT. THERE WILL BE A 15 MINUTE WAIT PERIOD BEFORE A NEW PERSON OR CLASS SHARES THE SAME SPOT. IT WILL BE SANITIZED BEFORE YOU ARE IN THAT SPOT AND THE AIR SPRAYED WITH A NON TOXIC AIR SANITIZER. THE CDC STATES RESPIRATORY DROPLETS CAN LINGER FOR 8-14 MINS IN MOIST AREAS.

ONLY ENTER ONE AT A TIME WITH YOUR INSTRUCTORS DIRECTION.

SANITIZE HANDS BEFORE TOUCHING DOORKNOBS, ENTRY DOOR, AND HANDLES.

REMOVE YOUR SHOES AT ENTRY AND WEAR CLEAN SOCKS.

WASH HANDS UPON ARRIVAL AND WHEN YOU LEAVE. DO NOT TOUCH YOUR FACE

PLEASE CLEAN YOUR CELL PHONES BEFORE ENTRY.

ALL INSIDE PATRONS MUST HAVE A WAIVER SIGNED BEFORE ENTRY/MASKS UNTIL SOCIALLY DISTANT

