



In order to provide the safest possible training environment for our gym community during this global health pandemic, we've implemented the following rules and restrictions (herein known as "safety measures") for anyone planning to resume training at Apex Martial Arts Center LLC/Open Guard BJJ LLC (herein known as "ApexMAC" or "gym").

These safety measures are intended to do everything possible to minimize risk, and ensure the safety, health, well-being and protection for our members, instructors, and staff.

ApexMAC grants the privilege of membership access and may suspend or cancel your membership at any time for non-compliance with these safety measures. By initialing, signing, and dating this form, you are acknowledging that (1) you will not hold Apex Martial Arts Center LLC and Open Guard BJJ LLC, the owners, instructors, staff, members, lease holders, or volunteers liable should you contract COVID-19 while participating in activities at the gym and (2) you have thoroughly read and understand ApexMAC safety measures and will abide by the below described at all times when entering the gym to attend classes, and when using the facility for any reason outlined in the membership agreement.

AGREEMENT

As a Member of ApexMAC, you agree to:

- Assume any and all liability for your health and well-being by physically attending the premises of ApexMAC, despite the recent COVID-19 pandemic. **Member Initials:** _____
- Abide by social distancing rule(s) by keeping a 6-foot distance between members, instructors, and staff unless physically impossible. **Member Initials:** _____
- Always wear a face mask while in the gym. Masks are mandatory – NO EXCEPTION!
Member Initials: _____
- Minimize unnecessary physical contact with others, such as hugging or shaking hands.
Member Initials: _____
- Thoroughly wipe down personal equipment before use with the sanitation supplies provided by ApexMAC. **Member Initials:** _____
- Thoroughly clean all equipment with sanitizing cleaner and return it to the original place for proper storage after every use. **Member Initials:** _____
- Discard all trash (including used disposable face masks and band aids etc.) in waste baskets.
Member Initials: _____
- Take all belongings (water bottles, uniforms, equipment, clothing, mouth pieces, gloves etc.) home at the end of class. The gym will have to throw belongings away the same day if left behind.
Member Initials: _____

YOU AGREE TO NOT VISIT THE GYM UNDER THE FOLLOWING CONDITIONS:

- NOT visit the gym if you think you have or know you have COVID-19 until ALL of the following conditions are met: you have gone 3 days (72 hrs.) with no fever, AND your symptoms have improved, AND it has



been at least 10 days since your symptoms first appeared. Symptoms of COVID-19 may include fever or chills, cough, difficulty breathing or shortness of breath, muscle or body aches, new loss of taste or smell, headache, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Member Initials: _____

- NOT visit the gym if you’ve tested positive for COVID-19 even if you are not displaying symptoms. You may resume attendance after 10 days have passed since you first tested positive as long as you remain symptom free OR after you receive two negative test results in a row, that are at least 24 hours apart. **Member Initials:** _____
- NOT visit the gym for at least 14 days after exposure to anyone who recently tested positive for COVID-19 or who is displaying potential symptoms of COVID-19 as noted above. **Member Initials:** _____
- Exercise caution before returning to the gym if you recently participated in an event where social distancing precautions (6-ft physical distancing and face masks) were not followed or traveled outside of the United States or to domestic hotspots. If these situations arise, contact ApexMAC so we can discuss when you may return. **Member Initials:** _____

HOURS OF OPERATION AND ATTENDANCE

- Understand that our modified hours of operation may include a periodic intermission for purposes of sanitation and cleaning of equipment, mats and restrooms. **Member Initials:** _____
- Understand that our modified hours of operation allow for a one-hour class, at which time, we must clear the facility of members to get it cleaned and sanitized for the next class. Socializing is strictly prohibited. **Member Initials:** _____
- Understand that only paying members will be allowed to attend class. If you do not have an active membership, you will not be allowed to participate in class. Currently, we are not allowing guests for observation of classes and ask that parents wait in their cars. **Member Initials:** _____
- Understand that Open Mat will be unavailable for now. **Member Initials:** _____

Parents, children may not be left unattended to play inside the gym for health and sanitary reasons. Once your child’s class is finished, please be ready to pick them up. Please remain outside and a staff member will bring your child to the front door for pickup. Please be sure to be on-time.

We know this isn’t our normal operating procedure, but we thank you for doing your part as we work together to keep our community safe for all our valued members, instructors, and staff.

Please check back with us regularly in the club or on our local Facebook pages as guidelines may change based on CDC and State requirements for sanitation and social distancing, as well as facility hours of operation and class schedules.

Print Name (please print legibly) : _____

Member Signature: _____ Date: _____