



## **COVID-19 Protocol**



Dear valued Client,

**Gottselig Elite is following recommendations set forth by the Government of British Columbia and the Public Health Agency of Canada, with regards to COVID-19 protocols and the Provincial Restart Plan. Please read the following carefully:**

**PLEASE DO NOT ENTER OUR FACILITY IF:**

1. You are experiencing flu-like symptoms (fever/chills, cough, congestion, sore throat, runny nose, shortness of breath, nausea/vomiting/diarrhea) or are feeling unwell.
2. Anyone in your family or anyone you have been in contact with is experiencing flu-like symptoms (fever/chills, cough, congestion, sore throat, runny nose, shortness of breath, nausea/vomiting/diarrhea, etc) or is feeling generally unwell
3. You have travelled anywhere outside of B.C. in the past 14 days
4. You or anyone in your family has been in contact with someone diagnosed with COVID-19 in the past 14 days

\*Note: we will not charge cancellation fees to anyone who cancels due to the reasons listed above.

**We are taking precautionary measures to ensure client safety. The following is what you can expect from us:**

- Adherence to social distancing measures by maintaining 6 feet distance or greater, between trainer and client(s), at all times.
- Clean and disinfect the facility and equipment before and after each client training session, including all equipment touched by client.
- Hand sanitizer will be provided. Clients will be asked to hand sanitize upon entering and exiting the facility. We will also encourage hand sanitizer between breaks in training.
- Masks are recommended and appreciated.
- No more than 2 clients training with 1 trainer at one time in the facility (both clients must be from the same household)

Thank you in advance for your cooperation and understanding during these times.

Sincerely,  
Troy Gottselig  
*Gottselig Elite Fitness, Nutrition & Performance*