

# ***COVID-19 Policies & Procedures***

*GXUnited Fitness Co. / May 2021*

GXUnited Fitness Co. (a subsidiary of GSO Yoga & Movement, LLC) is committed to your well-being, the well-being of our instructors, trainers and our community. We are closely monitoring the pandemic of the coronavirus illness, COVID-19, and making adjustments to our studio operations based on CDC recommendations, best practices within the yoga & fitness industry, and based on recommendations from medical professionals. **We take health and safety very seriously and everything we do is to ensure you are as safe as possible within the studio.**

Due to the pandemic of the coronavirus illness, COVID-19, we have implemented additional standards in an attempt to stop the spread of the virus and we follow or exceed sanitation/disinfection guidelines.

Below are the means by which we at GXUnited Fitness Co. are working to keep the physical studio location (at 219 Summit Avenue Greensboro NC 27401) safe in response to COVID-19; these include, but are not limited to the following:

## ***Cleaning & PPE***

- All individuals are required to wear PPE (masks and/or shields) when inside the studio (the exception to this policy is when Summer Sides is in-studio filming virtual classes).
- The purchase of an ActivePure Air & Surface Purifier (hospital-grade approved up to 3000-sqft) to protect from airborne and surface contaminants, including RNA virus strands (which includes COVID-19).
- The studio is cleaned daily with approved hospital-grade or EPA-registered disinfectants.
- All high touch point surfaces, including door handles, restrooms, and other common surfaces are being cleaned with increased frequency, using EPA-registered disinfectants.
- A contact-lite transaction process including digital forms, pre-payment of services using web-based payments or Venmo.

## ***Services & Activities***

- A limited number of daily classes will be offered, with a minimum of 15-minutes between classes to allow for cleaning.
- Class sizes will be limited to 10-people to accommodate for social distancing measures.
- No hands-on adjustments will be offered at this time.

## ***Equipment***

- At this time the use of communal (shared) equipment at GXunited is still on pause. Members are required to bring their own equipment (a suggested purchase list is available on our website at [GXunitedFitnessCo.com/equipment](http://GXunitedFitnessCo.com/equipment)).
- Any equipment brought into the studio by members must be cleaned with EPA-registered cleaning products prior to use.

**By participating in any on-site services, you agree to the following COVID-19 procedures for all in-studio visits at GXunited Fitness Co. (required until further notice):**

## ***In-Studio Procedures***

- A PPE (mask or shield) is required at all times within the studio, including during activity.
- Sanitize your hands upon entry at our sanitation station.
- You must remove shoes upon entering the studio and place them within a bag prior to storing them in the cubby's (bags are provided, or you can bring your own).
- BYO mat, props and water bottles and take them home with you after each session.
- All equipment brought into the studio must be cleaned using EPA-approved cleaning wipes prior to the start of the session.
- You agree to keep your mat within the socially distanced spots allocated on the floor throughout classes.

## ***Pre-Screening Procedures***

- You agree to complete the pre-screening document prior to attending each class within GXunited Fitness Co.

## ***Registration & Cancellation***

- Pre-registration is required for all group classes and closes 1-hour prior to the start of class.
- Payment for classes is required at the time of registration using the purchase of class package or monthly membership.
- A 12-hour cancellation notice is required. Cancellations made less than 12-hours prior to the scheduled class time will incur a \$25 late cancellation fee.
- A class no-show (registering for a class and then not showing up or cancelling) will incur a \$25 no-show fee.
- All late cancellation and no-show fees must be paid **prior** to registration for a new class.

## ***You also acknowledge the following:***

- A person can unintentionally spread COVID-19 to others even if they do not feel sick or have symptoms.
- Masks are meant to reduce the possibility of spreading the virus when the infection is known or unknown; they do not block the virus.
- I understand and acknowledge that anyone involved with GXUnited Fitness Co. cannot completely control the spread of COVID-19 and I have chosen to enter this business and consent to participate in exercise and physical activity that includes a higher risk of contamination due to breathe work.

**If you are not willing to comply to these policies and procedures as currently established by GXUnited Fitness Co. we kindly ask that you simply not participate in services offered in-studio at this time.**