

## Guidelines For SYSA Speed and Agility Class

The health and safety of our clients and staff is our top priority. We are committed to disinfecting and cleaning our clinics and equipment, proper hand washing and using social distancing. We have taken extra precaution to outfit our facility to keep everyone safe by requesting the following:

1. If you are experiencing any flu-like symptoms please stay home.
2. All training clients will enter and exit through the Soccer Center door located on the North side of the building, West of the main U-District PT entrance.
3. Wear a mask when entering and exiting the building AND at all times during workouts.
4. Wash/sanitize hands before entering and upon leaving the building.
5. Please do not enter the facility more than 5 minutes before your designated class time. This helps us transition classes and adhere to social distancing.
6. Maintain social distance of 22 feet while exercising.
7. Refrain from high-fiving, hugging, tagging, touching others.
8. Bring your own water bottle. There is no use of the water fountain spouts but there is a station to refill your water bottle.
9. Showers are not allowed. Locker rooms will be open for washing hands and restroom use only.
10. Due to the extra safety and cleaning steps our staff is taking we ask our training clients to leave your family members at home.

If you have other questions or concerns please visit the U District PT website for more information. Please sign the following wavier and bring to the trainer on the first day of class:

### **COVID-19: U-DISTRICT STATEMENT**

The health and safety of our patients and staff is our top priority. We are committed to disinfecting and cleaning our clinics and equipment, proper hand washing and using social distancing. We have taken extra pre-caution to out-fit our clinics to keep everyone in here safe. Due to the extra safety and cleaning steps our staff is taking we ask that our training clients leave family members and kids at home. If you are experiencing any flu-like symptoms, please call our office to reschedule. We ask for a 72 hour period following any fever episode or any sickness. We have made changes to our clinic to reduce potential risks. Thank You!

**NAME:** \_\_\_\_\_

**PARENT/GUARDIAN  
SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_