



SouthSide is excited to announce that we are **re-opening our doors on Monday, June 15th**. It's been far too long. We look forward to seeing you and welcoming you back.

The safety and health of our members, staff, and community are our top priority. Please review the following procedures that we will be enforcing:

- All Members will be required to sign a new waiver. We will have tables setup in the hall outside of SouthSide for all members to sign prior to entry. Please complete the two page form and hand to the front desk upon entry. \* If you are a minor (under 18), please come to the front desk with a parent to sign the form.
- As you enter the gym, there is a touch-less hand sanitizer that must be used before entering the gym floor and upon leaving the facility. **You will not be allowed into the gym without using hand sanitizer.**
- SouthSide staff will conduct regular cleaning and disinfecting of high-touch surfaces, equipment and common areas of the facility. This will be ongoing through the day. Please do not interfere with or complain about cleaning efforts if equipment or areas are off limits for short periods.
- If you sneeze or cough while working out, please do so into your arm. Please wipe down any surfaces you may have sneezed or coughed on with disinfectant wipes.
- Members must clean equipment they come in contact with using disinfectant wipes before and after each use. This includes bars, cable attachments and dumbbell handles.
- Members should only use one piece of equipment at a time. No circuits. No





super-setting. Move through your workouts.

- If cardio or strength equipment is decommissioned, we ask that you refrain from using it so that we can properly ensure spacing.
- Members must practice social distancing while in the gym. Avoid congregating in the restrooms, water fountain, check-in counters, or at machines or equipment on the floor. Members and staff should maintain 6 feet of distance between participants at all times. This includes while working out. Please do not set up your workstations to others closer than 6 feet. Don't "spot" people, etc. Any member not following these guidelines will be given a warning on first offense and if actions are not corrected, will be asked to leave.
- Please do not bring gym bags onto the gym floor. We have no idea where your stuff has been or who it has been around. Just bring yourself. Your personal items should be stored in lockers.
- Members showing signs of sickness such as temperature greater than 99.7 degrees, stomach upset, unexplained red-eye, cough, shortness of breath, other respiratory symptoms, should not come to the gym. Additionally, if you have been in contact with anyone who has tested positive for Covid 19 in the past 48 hours, please do not come to the gym.

This is new for everyone, we ask that you please be patient with us and other members. If you have concerns please address them with a staff member.

If you have any questions or would like to make suggestions on how best to maintain a safe and clean environment during your workout, please email us at [info@southsidepf.com](mailto:info@southsidepf.com)

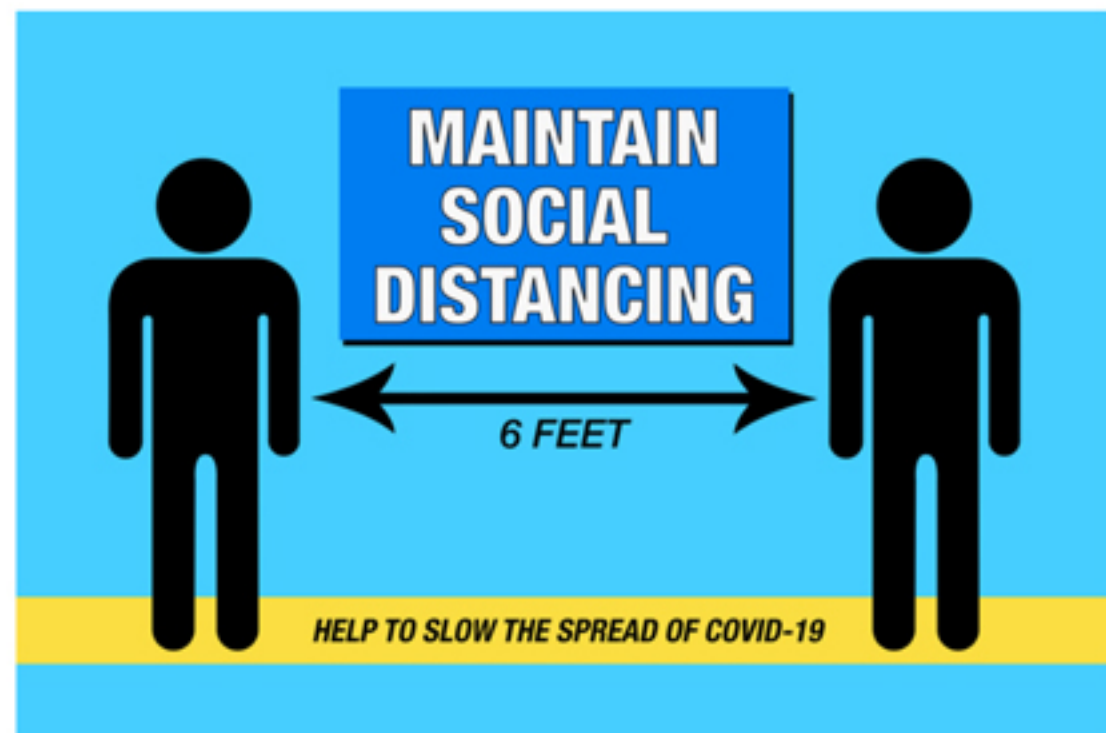


Please Complete the New Covid Waiver & Behavior Form which are stapled together and setup on the tables in the hall outside of SouthSide. The form is 2 pages and should be filled out and signed in all indicated areas. Once complete, please turn into the SouthSide front desk. \* You only have to complete this form one time. Once on file you will not need to complete the form again.

**\* If you are a minor (under 18) you will need to bring your parent with you and complete the form at the front desk in SouthSide.**

## Practice Social Distancing

Please remember to stay a safe distance (at least 6 feet) from other members and staff. Let's all be as safe as possible.



## New Gym Hours

To properly sanitize and staff SouthSide, we have decided to temporarily close at 8pm Monday thru Friday. We hope this will not cause you any inconvenience. New Hours are as follows:

Monday - Friday: 5am - 8pm  
Saturday - Sunday: 8am-5pm



**SouthSide Power & Fitness** | 828-322-6718

