

FIT BODY BOOT CAMP

Reopening Protocol

[Letter from the CEO]

April 28th, 2020

Fit Body Boot Camp Commits To Member and Community Safety As We Set The Standard To Re-Open Our Fit Body Studios In The Months To Come.

To our family of Fit Body Boot Camp clients and staff,

As Fit Body Boot Camp studios are given the green light from government officials to open back up for business, we're committed to our social obligation of safety and the wellbeing of our members and the communities that we serve.

Just as Fit Body Boot Camp led the initiative mid March to close the doors of our studios across the United States and Canada for the safety of our members and staff, we're now leading the charge with a reopening protocol with that same safety and wellbeing of our members and staff in mind.

The Fit Body Protocol is an in-depth studio reopening process which takes social distancing, facility disinfecting and modified exercises programming into consideration to ensure that both members and staff are safe.

First, every member will be asked to disinfect their hands outside of the studio using the provided solution. The bottoms of shoes will also be disinfected to eliminate the transmission of viruses, germs and bacteria into the studio.

Every FBBC studio will limit the capacity of the training group based on the size of the facility. Each location will have several 8'x8' floor spaces taped off for individual members to workout in. We're calling this the "train in place" method. During the session, each client will stay in their 8'x8' space and only touch the piece of equipment reserved for them in their space. This eliminates cross contamination of equipment and space.

After every workout session, once the members exit the facility, the staff will do a thorough cleaning of the equipment and space used, as well as any surfaces that were touched, including the restrooms.

Only after a session has ended, members have exited, and the studio has been cleaned will the staff welcome the next group of members to disinfect their hands and shoes and to come into the studio and enter their 8'x8' training space for the next session.

We've taken the extra precaution to create a member waiting area outside of the facility that is taped off and designed to keep waiting members safely spaced out.

Finally, at the end of each day we will deep clean and disinfect the entire studio, equipment, restrooms and surfaces to ensure the facility is clean and safe to use the following morning.

Even with these precautions in place, we realize that some of our members still may not feel comfortable coming back into the studio and that is why we're committed to keep our Fit Body On Demand online coaching available so that we can continue to serve our members at home with the same results driven workouts that you'll find at your local Fit Body Boot Camp.

We realize that as a brand we have a social responsibility to our members, staff and the communities that we serve and we're fully committed to doing whatever it takes to ensure the safety of everyone during these unusual times.

#FBBCSTRONG

Bedros Keuilian
Founder and CEO

How To Use The FBBC Protocol

Dear Fit Body Owner,

Congratulations on being given the green light to reopen your FBBC! These have undoubtedly been some very trying times for virtually everyone across the globe. As we now have the opportunity to look back at the pandemic, it reinforces just how important our health is.

As a fitness and health coach, you are on the frontlines of helping people achieve one of the most precious things in life, health. On behalf of the tens of thousands of FBBC clients around the globe, **Thank You** for your dedication and passion for Inspiring Fitness and Changing Lives Everyday!

This FBBC Reopening Protocol is your guide to safely and successfully reopen your doors to your clients and community. Because it will be quite some time before the threat of COVID-19 is gone completely, there will continue to be both social obligation and government oversight to ensure the number of virus cases does not spike again.

To summarize this document and ensure you are set up for success, here are the bullet points you will need to follow as you reopen your Fit Body Boot Camp.

Please note, this Reopening Protocol is a requirement for all Fit Body Boot Camp franchise owners to follow and is subject to change in response to future government mandates.

Update to Fit Body Protocol – State Mandates

It is the position of Fit Body Boot Camp HQ that all FBBC locations adhere to ALL mandates set forth by the state and local government they reside in. This will ensure that your clients are safe and comfortable returning to your Fit Body Boot Camp Location.

Examples of state and local mandates are as follows but not limited to – Phases of reopening, requirements for wearing face coverings indoors within public locations, and social distancing requirements. If you have questions about what your state or local government requires please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

Here's what you'll need to:

- After your state gives approval for your FBBC gym to open, notify HQ so we can document your reopening date.
- FBBC gyms will wait 7 days to reopen to clients following government approval. In this time, you will start preparing your team, clients and gym by following this protocol. If your Coach(s) will be assisting in your reopening, first ensure they sign the Team Waiver.

- ☐ Send clients the swipe email, daily social media content, and COVID-19 Release of Liability Waiver
- ☐ Set up the Client Staging Area and Stay In Place training areas at your FBBC.
- ☐ Completely clean and sanitize your FBBC gym and all equipment.
- ☐ Upon opening your gym doors, follow the Client Staging, Stay In Place Training, Post Session Cleaning and End of Day Cleaning Protocols.

[Client “Welcome Back” swipe email]

FIT BODY BOOT CAMP

WELCOME BACK Fit Fam!

We are thrilled to be moving into the next phase of the COVID-19 pandemic, which is to strategically and safely reopen small businesses.

While we are THRILLED to be able to open our doors to you, we must remember that social distancing and proper sanitization is still very important and necessary.

Now that we have been given the green light to get our team back together, we are going to spend the next 7 days preparing the gym to optimize your safety and experience.

And while we prepare to welcome you back in person, we ask that you prepare for your return by reading and agreeing to our safety protocols below:

- 1) **Register for your Sessions.** Because of the reduced number of clients we are permitted to have in the studio at one time, each client will be required to register in advance for the session you would like to attend by using your Fit Body App. We anticipate sessions filling up quickly, so please do not wait to get registered!
- 2) **Early Is On Time.** Please arrive 5-10 minutes prior to your session beginning. A portion of our parking spaces will be a designated staging area. Because of this, parking spaces may be limited. We also want to be careful to not crowd.

- 3) **Designated Staging Area.** When you arrive you will see a designated Staging Area. This is where you will wait for your session to start. As you will see in the example below, we have set up the Staging Area to maintain social distancing. Please stay on the assigned positions for appropriate distancing. A member of our team will invite you into the gym when we are ready to start your session.
- 4) **Before You Enter.** Prior to entering the gym, your Coach will meet with you at the Staging Area, check you into your session, disinfect the bottoms of your shoes and provide sanitizer for your hands.
- 5) **Stay In Place Training.** Until social distancing is no longer in effect, our sessions will not incorporate a rotation round the gym, rather, you will be assigned an 8'x8' training area in which you will remain in for the duration of the session. Everything you will need will be waiting for you. Upon entering the gym, please go to the designated training area that has been set up specifically for you.
- 6) **Sharing Is Not Caring (For Now).** If you need any modified equipment, do not retrieve it yourself. Please notify your Coach and they will be happy to assist you. This includes trading equipment with someone around you. We have a sanitizing protocol for switching equipment.
- 7) **Bathroom Breaks.** If you need to use the restroom during your session, please observe the sanitation guidelines found inside the restroom. It is important that all surfaces touched are wiped down with the provided cleaning materials. If the restroom is in use, please wait in your assigned bootcamp area until the restroom is available.
- 8) **Thanks For Coming.** At the conclusion of your session, please gather your personal belongings and use the provided hand sanitizer at the exit. You do not have to worry about sanitizing your area. Our team has a comprehensive sanitizing protocol that is followed after each session and at the end of each day.
- 9) **Long Distance Relationships.** We know that one best part of coming to FBBC is to see your fellow bootcampers and the relationships you have with them. And while we recognize that the temptation will be there to catch up with them, it is important that we continue exercising social distancing until given the all clear. Please do not congregate closely with fellow bootcampers waiting in the staging area or other areas in the parking lot.

Please bring the following items:

- A large bath towel or yoga mat (to lay down in the 8x8 training space)
- Large water bottle (with Everyday Fit ;)
- Sweat towel
- Workout gloves (Optional)

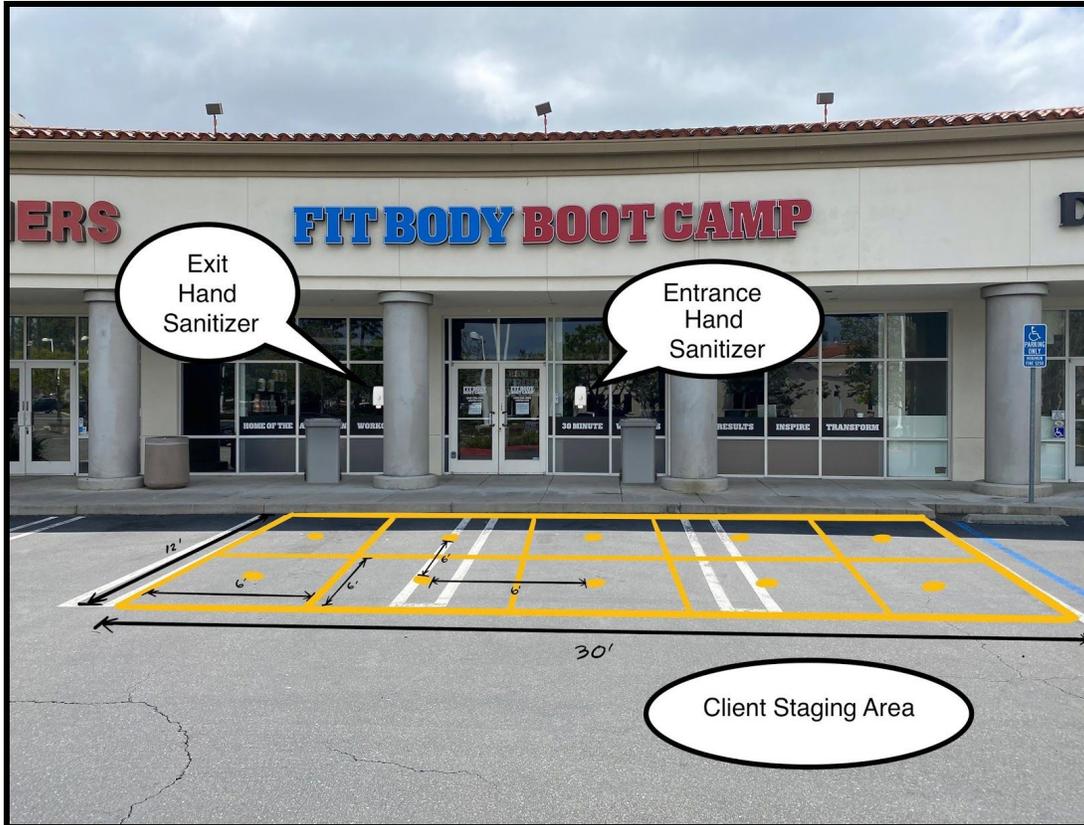
Remember, with having limited capacity for each session, you will need to pre-register for each session that you'd like to attend. We will be running more sessions throughout the day to accommodate for the restricted session size. Please only attend the sessions you have pre-registered for on your FBBC app.

We are SO EXCITED to have you back! See you all soon!

[Sign Off]

Welcome back Fit Family!
#FBBCSTRONG

P.s. here is an example of what our waiting area will look like. See you soon!



FIT BODY BOOT CAMP

WELCOME BACK Fit Fam!

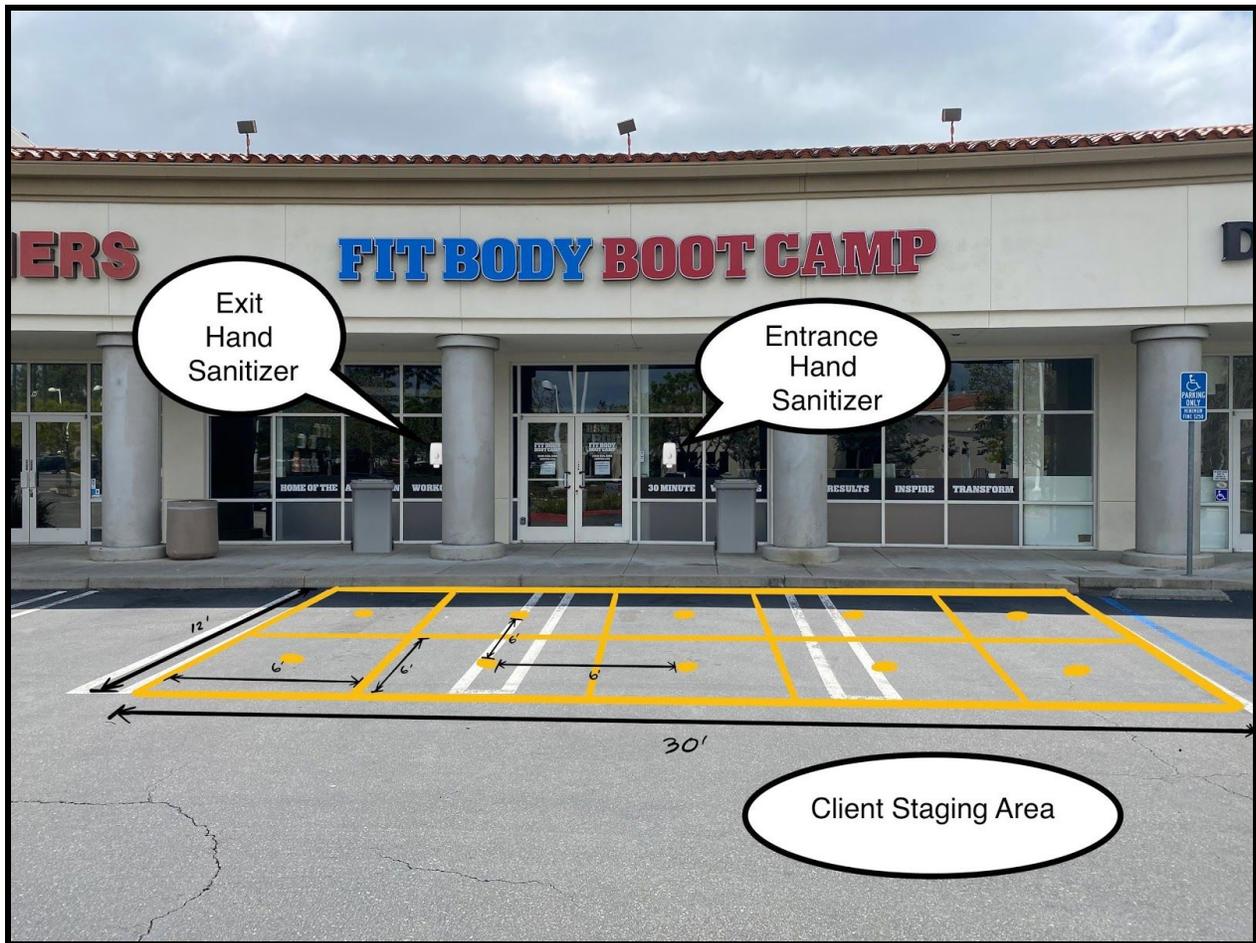
Please help us keep everyone safe by following the below safety protocols. Thank you!

1. Please stay within the designated staging area and observe the assigned positions for appropriate distancing. A member of our team will invite you into the studio when we are ready to start your session.
2. Prior to entering the studio, your Coach will check you into your session, disinfect the bottoms of your shoes and provide sanitizer for your hands.
3. Upon entering the studio, please go to the designated area that has been set up for your bootcamp session and lay down your towel or yoga mat. The equipment you need for your session will be waiting for you. Please bring with you all of your belongings and set them down next to your training area.
4. If you need any modified equipment, do not retrieve it yourself. Please notify your Coach and they will be happy to assist you. This includes trading equipment with someone around you.
5. If you need to use the restroom during your session, please observe the sanitation guidelines found inside the restroom. It is important that all surfaces touched are wiped down with the provided cleaning materials. If the restroom is in use, please wait in your training area until the restroom is available.
6. At the conclusion of your session, please gather your personal belongings and use the provided hand sanitizer at the exit. You do not have to worry about sanitizing your area. Our team has a comprehensive sanitizing protocol that is followed after each session and at the end of each day.
7. Following your session, please observe the social distancing guidelines and do not congregate closely with fellow bootcampers waiting in the staging area or other areas in the parking lot.

Welcome Back, We Missed You!!

#FBBCSTRONG

Outdoor Staging Area (example)



Items Needed:

- Yellow Duct Tape (2+ Rolls) - [Found Here](#)
- Hand Sanitizer dispenser (2) - [Found Here](#)
- 1000ml Sanitizer refills
- Spray Bottles (2) - [Found Here](#)
- CDC Disinfectant Solution (Bottom of Shoes) - [Found Here](#)
- Shoe Disinfectant Tray - [Found Here](#)
- Large towel for clients to step on from disinfectant tray.
- Tape Measure

What to do:

Use the yellow duct tape to mark off ten (10) 6' x 6' boxes. Then, place an "X" in the center of each box. This will give each client a 6' radius around them.

As your clients arrive, a Coach should ensure they immediately move to a designated position within the staging area. Check that they have their water bottle and towels, and mark them down as having arrived, so they are checked in.

Once all clients have arrived, or it is time to begin the session, prop open the entrance doors so that your clients do not have to touch the door, and begin welcoming them in, one at a time.

Prior to walking into your studio, provide hand sanitizer and either spray the bottoms of their shoes with disinfectant solution or have them step into the tray with disinfectant solution. Have them step out and onto a towel to dry their shoes prior to walking into the gym (The bottoms of shoes carry a significant amount of germs).

Once in the studio, point out which section will be their training area and have them start stretching while they wait for the session to begin. Ensure your client brings with them all of their belongings and not setting down phones, keys, glasses, etc. on counter tops.

Once the client is at their training section, repeat the above entry process, one at a time, with the remaining clients.

Estimated time to get all 10 clients into your gym is less than 5 minutes.

Client 8' x 8' Training Area (example)



Items needed:

- Dollamur Mat velcro (Promo Code: FBBC10) - [Found Here](#)
- Painters Tape (in lieu of Dollamur velcro) - [Found Here](#)
- “Stay In Place” session equipment (kettle bell, slam ball, bands, etc.)

Clients to have:

- Large water bottle
- Large bath towel or yoga mat (to place below them to catch sweat)
- Sweat towel (Small Personal Towel)

Post Session:

- Ensure exterior doors are propped open
- Clients are to immediately leave exit and to not congregate in the parking lot.
- Close and secure gym doors and begin post session cleaning protocol.

Restroom Sign



Items Needed:

- Cut out this 6" x 6" sign and tape to your bathroom mirror and door
- Hand Soap
- Spray Bottles (2) - [Found Here](#)
- CDC Disinfectant Solution - [Found Here](#)
- Paper Towels
- Hand Sanitizer immediately outside the restroom

What to do:

Clients need to be instructed to disinfect the restroom after each use.

Hang the above sign on the mirror and door. Have plenty of disinfectant solution and paper towels available on the counter and easily accessible. Ensure there is hand sanitizer available immediately after they exit the restroom.

Session Times and Cleaning

Sessions will begin on the hour from 5am until 10am and again from 4pm until 7pm. Session times may be adjusted depending on the total number of clients to be trained and number of clients permitted (based on state regulation) in the studio at one time.

Because of the limited number of clients that will be allowed in at one time, it will be essential that your clients book their session times in advance. You will need to over-communicate to your clients the process of booking their sessions, how to cancel if they will not be able to attend, the importance of arriving on time, and any temporary policies on how many in-gym sessions they will be permitted to attend each week/month while the capacity restrictions are in place.

Each session will remain 30 minutes in duration.

Following the conclusion of each session, the Coach(s) will follow the post session cleaning protocol (below) and thoroughly sanitize each station, all equipment used during the session, the restroom and all surfaces using the [CDC recommended cleaning solution](#).

***Clients are not permitted to clean their own station or any other portion of the gym.

Example	
Session Time	Clean and Sanitize
5:00 am - 5:30 am	5:30 am - 6:00am

At the conclusion of each day, a thorough and deep cleaning will take place of the interior space. All equipment, surfaces and restroom(s) are to be cleaned and sanitized. See “End of day cleaning protocol” below.

As an additional method of sanitizing, you may consider using a sanitizing fogger, such as [this one](#) or something similar.

Stay In Place Protocol

To reduce the risk of spreading the virus, clients will remain inside their designated 8'x8' training area throughout the entire session. All equipment needed will be prestaged. Should a client need any equipment or exercise modifications, they will inform the Coach(s) and the Coach will make the adjustments, ensuring any equipment moving from one station to another, is first sanitized.

Clients should not leave their training area during the session, unless they need to use the restroom. In that case, the client should ensure the restroom is not already in use (by observing the door is open) and take the designated route. The designated route should ensure that clients remain a minimum of 6 feet apart.

Because Coaches move around and throughout the studio while projecting their voices in the direction of clients, Coaches will wear protective face coverings at all times while engaging with clients. The face covering must cover the mouth and nose. Face coverings are not required during post session cleaning.

The actual programming of each session will be done at the location level based on available equipment. Suggestions for programming will be provided by HQ on Tuesday, May 5th.

Items Needed:

- Dollamur Mat velcro (Promo Code: FBBC10) - [Found Here](#)
- Sanitizing fogger (Optional) - [Found Here](#)
- Hand Sanitizer dispenser (2) - [Found Here](#)
- 1000ml Sanitizer refills
- Pump Sprayer (for sanitizing mats) - [Found Here](#)

What to do:

Using the [Dollamur Mat velcro](#) or painters tape (do not use duct tape that will damage your mats), measure out as many 8'x8' boxes in your workout area as space will allow. Keep in mind, there should be adequate spacing between and around the boxes to prevent clients from getting within 6 feet of each other.

Take inventory of all training equipment available to you and begin developing your programming. Then place the appropriate equipment at each training station. Once programming and station set up is complete, the final step is to fully sanitize each station and all equipment. See Post Session Protocol for details.

Post Session and End Of Day Cleaning Protocol

Post Session Protocol

At the conclusion of each session, ensure a Coach props open the exit doors so clients do not have to touch them. Ask your clients to not congregate in the parking lot or meet with anyone in the Staging Area.

Once all clients have left, close the studio doors and complete the following:

1. **Restroom** - Clean all surfaces, mirrors, handles and any other area a client may have touched while using the restroom.
2. **Gym surfaces** - The virus can travel to surfaces via sneezing and coughing. In addition, with clients breathing heavily throughout the session, out of an abundance of caution, wipe down all surfaces with disinfectant.
3. **Vacuum mats** - In preparation for disinfecting your mats, first vacuum to collect all debris.
4. **Disinfect equipment** - Using disinfectant spray and a clean rag, thoroughly wipe down each piece of equipment at the client workout stations.
5. **Sanitize Mats** - Lastly, using a pump sprayer [like this one](#), disinfect your mats using a 1 to 100 dilution of bleach to water. As seen in the attached cleaning guide provided by Dollumar, a 1 to 100 dilution **will not discolor or harm your mats**. You do want to be cautious of spraying your velcro, as the solution may discolor the strips.
 - a. Please note, do not over saturate your mats while spraying. Only a light misting of the solution is needed. Mats should not be wet following post session disinfecting.

End Of Day Cleaning Protocol

- Cleaning at the end of the day will include all of the Post Session Protocol, however, you may choose to substitute spraying your mats with a sanitizing fogger similar to [this](#). Foggers will fill your gym with a disinfectant that allows for you and your clients to safely return the following morning. Ensure to read and follow all instructions of the fogger you choose.

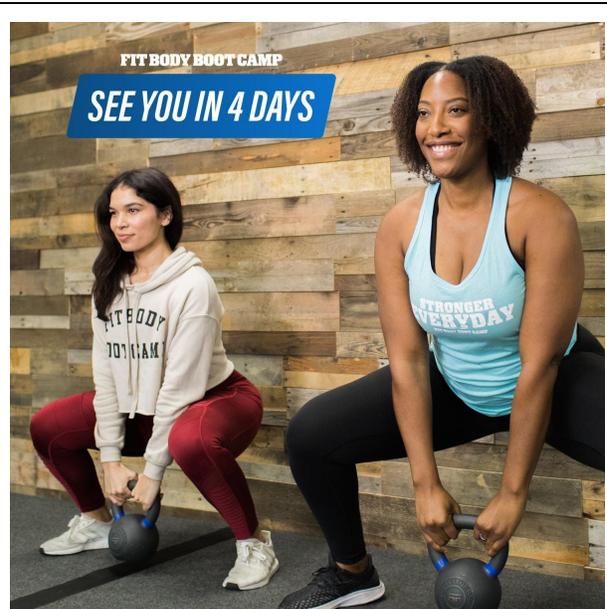
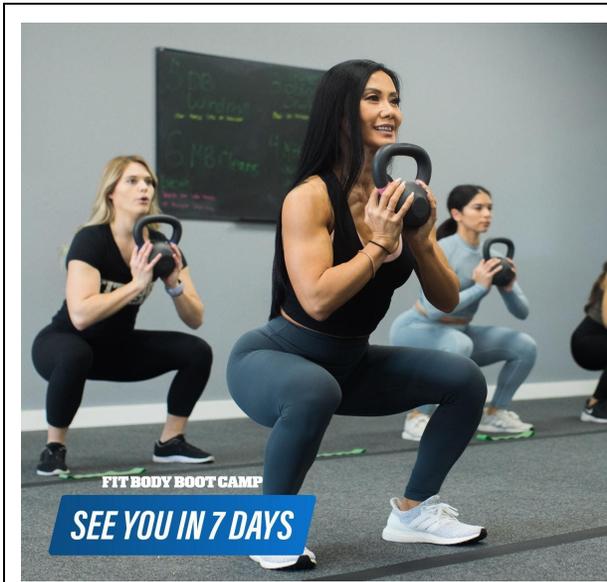
FIT BODY **ON▶DEMAND**

Even after your state has given approval for you to open your gym, we anticipate the need for continued online training for the following reasons:

1. As part of the FBBC Reopening Protocol, FBBC locations will wait a minimum of 7 days to offer in-person sessions. In doing so, it will allow you and your coaches to come together, prepare the gym/staging area, finalize programming and ensure that your clients understand the process. In addition, there may be “flare ups” of the virus where stay at home orders may be put back in place and gyms/businesses required to quickly reclose. You will want to monitor this to avoid even further pivoting and disruption to your business and client experience.
2. We also anticipate that while many clients may be ready and eager to come back to your gym as soon as possible, others may not be ready. We have to be prepared to accommodate the clients who choose to take the “wait and see” approach to whether or not there will be any flare ups of the virus, before they will be willing to come out of quarantine.
3. You will have limited session times available for the foreseeable future. State and Federal guidelines will likely require gyms and other businesses to dramatically reduce the number of clients allowed at the same time. As such, you will want to plan on offering a “blended” training model of both online and in-person sessions.
4. Some of your clients may have come to love the online training model and might even prefer it. Whether it’s a parent that has kids out of school for the remainder of year, a client that fits into the high risk category of the virus, a first responder on shift work, or for some other reason, we know that many clients are really enjoying the flexibility of online training and coaching, and plan to continue even after gyms open.

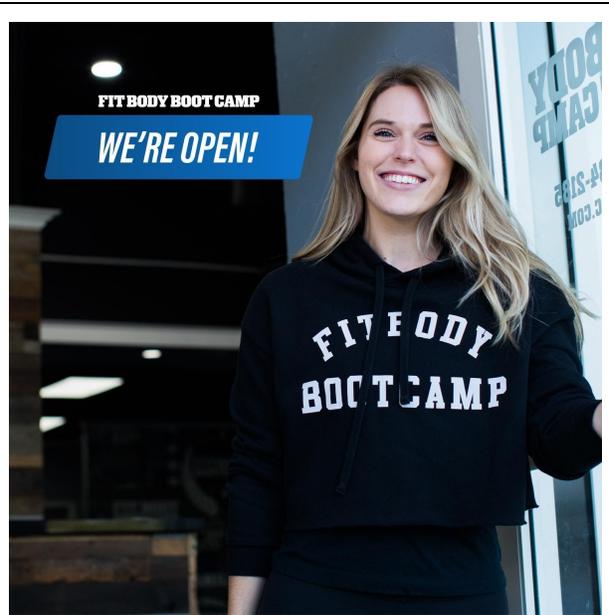
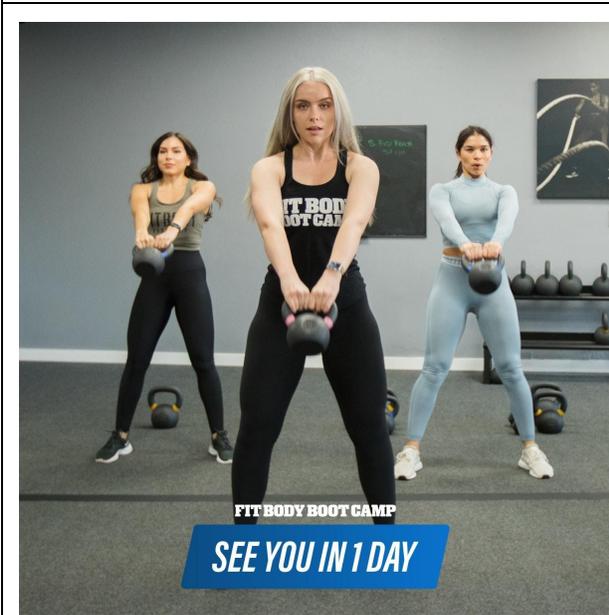
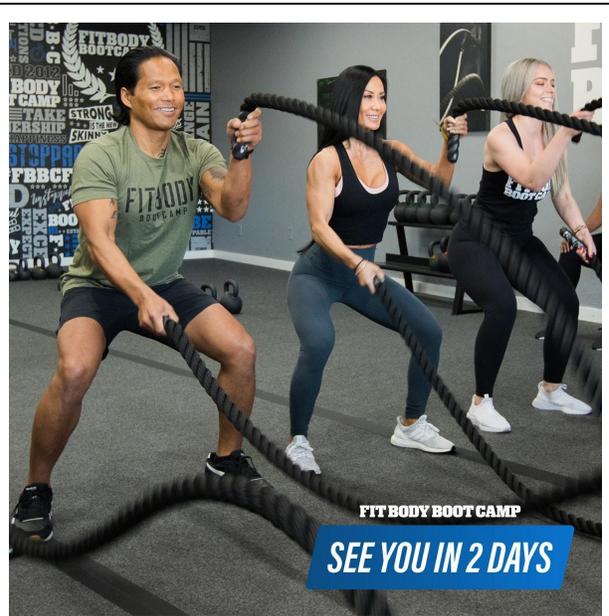
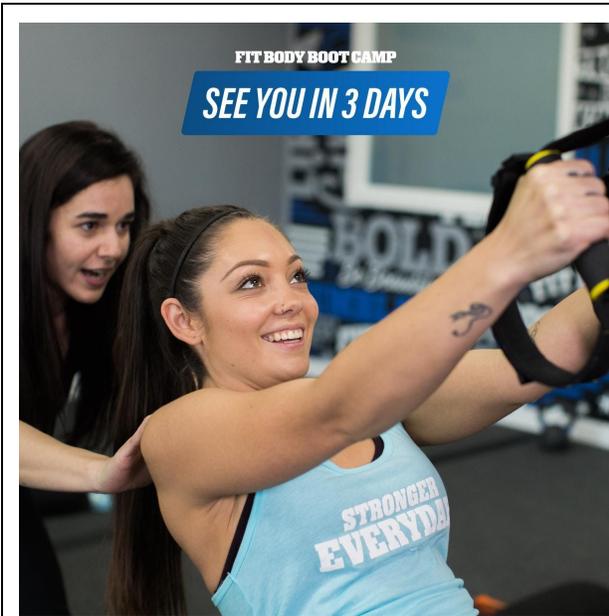
We have created the perfect solution for you and your clients. Fit Body On-Demand. Now your clients have an online membership option that includes all of the coaching, nutrition, support, guidance and training they need to keep seeing results and achieving their goals. With our new online training software, you are able to deliver a high touch, high accountability, personalized training and coaching solution to your clients. Simply use these links to [create your account](#) and to [sign in](#).

Countdown Posts



FIT BODY BOOT CAMP

Countdown Posts



FIT BODY BOOT CAMP

Team Waiver

This form is provided as a SAMPLE only. It is your responsibility to comply with all applicable laws, rules and regulations, including in connection with employment practices. You should engage an attorney to review and confirm that all forms used in connection with your employment practices are in compliance with all applicable laws, rules and regulations.

COVID-19 EMPLOYEE ACKNOWLEDGMENT

Employee Name: _____ (Please Print)
Outlet Address: [INSERT ADDRESS]
Employer: [INSERT ENTITY EMPLOYER OF OUTLET]
Dated:

I acknowledge that the novel coronavirus (“COVID-19”) is a global pandemic and that infections have been confirmed throughout the United States and Internationally, including in the state in which the Outlet is located. I further understand and acknowledge that the President of the United States previously declared that the outbreak of COVID-19 in the United States constitutes a national emergency. Further, the state in which the Outlet is located also previously declared a State of Emergency because of COVID-19.

I understand and acknowledge that the Employer cannot guaranty my safety or immunity from infection. There is no known vaccination for COVID-19. The mode by which COVID-19 is transmitted or how long it remains on surfaces or in the air is not entirely known. I fully understand, acknowledge and appreciate these facts and the uncertainty of the virus and how it may impact my health.

I represent and attest that:

1. I am not experiencing any symptoms of illness. I do not have a fever or cough and am not experiencing shortness of breath. If I develop any of these symptoms, any other symptom of COVID-19 as communicated to the public by the Center for Disease Control and Prevention (the “CDC”), or if I have a suspected or diagnosed case of COVID-19, I will immediately notify Employer and I will not attend or participate in any class at the Outlet, or otherwise enter or be physically present at the Outlet until 14 days have passed without symptoms .
2. I agree to follow the CDC guidelines to protect against the spread of COVID-19. I understand that these guidelines are revised regularly and I agree to stay abreast of all updates and follow all guidance from the CDC. I am and will continue to follow recommended guidelines as much as possible, including practicing social distancing, trying to maintain separation of six feet from others and otherwise limiting my exposure to COVID-19.
3. I agree to follow any and all safety protocols that have been or will be implemented by Employer, including those that are posted at the Outlet and those that are sent to me electronically including by text message, SMS and/or email, as well as those

- posted on the website for the Outlet. I acknowledge that the Employer may change these protocols at any time and I agree to abide by any and all such changes.
4. I do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.
 5. I have not been diagnosed with COVID-19 and not yet cleared as non-contagious by state or local public health authorities.
 6. I will not return to, visit or use the Outlet or the Outlet facilities, services and/or programs within 14 days after (i) returning from a highly impacted area subject to a CDC Level 3 Travel Health Notice, (ii) exposure to any person returning from areas subject to a CDC Level 3 Travel Health Notice, and/or (iii) exposure to any person who has a suspected or confirmed case of COVID-19. I agree to regularly check the CDC Travel Health Notices including those listed at the following site: (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) before using the Outlet, attending classes at the Outlet, or otherwise participating in services and/or programs available at the Outlet.

I fully understand and appreciate both the known and potential dangers of working at the Outlet, and using its facilities, equipment, services and programs. I acknowledge that working at the Outlet, being present at the Outlet, and/or using any of the Outlet equipment and/or facilities by me may result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability and/or death. To the fullest extent permissible by law, I hereby assume, knowingly and voluntarily, all risks associated therewith.

By:
Print Name:
Date:

Client Waiver

COVID-19 WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Member/Participant Name:

(Please Print)

Outlet: [INSERT ADDRESS]

Owner: [INSERT ENTITY OWNER OF OUTLET]

IN CONSIDERATION for being permitted to participate in the Fit Body Boot Camp® physical fitness class provided by Owner **[insert name]** at the Outlet, I, on behalf of myself and all persons and entities claiming by, through or under me hereby acknowledge, agree and represent that I have inspected and carefully considered the Outlet, the Outlet premises, equipment and facilities, and I find and accept the same as being safe and reasonably suited for my use and/or participation in classes provided at the Outlet.

I acknowledge that the novel coronavirus (“COVID-19”) is a global pandemic and that infections have been confirmed throughout the United States and Internationally, including in the state in which the Outlet is located. I further understand and acknowledge that the President of the United States declared that the outbreak of COVID-19 in the United States constitutes a national emergency. Further, the state in which the Outlet is located declared a State of Emergency because of COVID-19.

I understand and acknowledge that **the Owner [insert name]** cannot guarantee my safety or immunity from infection. There is no known vaccination for COVID-19. The mode by which COVID-19 is transmitted or how long it remains on surfaces or in the air is not entirely known. I fully understand, acknowledge and appreciate these facts and the uncertainty of the virus and how it may impact my health. I knowingly and voluntarily assume all risks associated directly or indirectly with participating in any activity at the Outlet, including classes, traveling to and from the Outlet, entering and existing the Outlet premises, using equipment at the Outlet, interacting with other persons at or around the Outlet, and/or using facilities within the Outlet premises, including restrooms (collectively, the “Voluntary Activity”). With this understanding, **I knowingly and voluntarily waive and release the Owner [insert name], the Outlet, Fit Body Boot Camp, Inc. (“FBBC”), and/or their respective directors, officers, employees, volunteers and agents (collectively, the “Releasees”), from any and all present and future claims of any type, including for any harm or loss, economic loss, personal injury, disease, death and property damage suffered by me. I agree to indemnify and hold harmless, and covenant not to sue, the Releasees for any personal injury, death, medical expenses, disability, loss of capacity, property damage, court costs, attorneys’ fees, and/or other loss, including arising out of or related, whether directly or indirectly, to any Voluntary Activity.**

I represent and attest that:

1. I am not experiencing any symptoms of illness. I do not have a fever or cough and am not experiencing shortness of breath. If I develop any of these symptoms, or if I have a suspected or diagnosed case of COVID-19, I agree that I will not attend or participate in any class at the Outlet, or otherwise enter or be physically present at the Outlet.

2. I agree to follow any and all safety protocols that have been or will be implemented by Owner, including those that are posted at the Outlet and those that are sent to me electronically including by text message, SMS and/or email, as well as those posted on the website for the Outlet. I acknowledge that the Owner may change these protocols at any time and I agree to abide by any and all such changes.
3. I do not believe that I have been exposed to a person with a confirmed or suspected case of COVID-19.
4. I have not been diagnosed with COVID-19 and not yet cleared as non-contagious by state or local public health authorities.
5. I am and will continue to follow recommended guidelines as much as possible, including practicing social distancing, trying to maintain separation of six feet from others and otherwise limiting by exposure to COVID-19.
6. I will not visit or use the Outlet or the Outlet facilities, services and/or programs of the Outlet within 14 days after (i) returning from a highly impacted area subject to a CDC Level 3 Travel Health Notice, (ii) exposure to any person returning from areas subject to a CDC Level 3 Travel Health Notice, and/or (iii) exposure to any person who has a suspected or confirmed case of COVID-19. I agree to regularly check the CDC Travel Health Notices including those listed at the following site: (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>) before using the Outlet, attending classes at the Outlet, or otherwise participating in services and/or programs available at the Outlet.
7. I agree to notify the Owner **[insert name]** immediately if I believe that I am experiencing any symptoms of COVID-19 and/or if I have a suspected or diagnosed case of COVID-19.

I fully understand and appreciate both the known and potential dangers of using the Outlet, its facilities, equipment, services and programs and acknowledge that the use thereof by me may, despite the Owner's **[insert name]** reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability and/or death.

I expressly and knowingly waive all rights under California Civil Code Section 1542, which provides: **"A general release does not extend to claims that the creditor or releasing party does not know or suspect to exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party."**

I agree and acknowledge that use of the Outlet and its facilities and services may involve inherent danger and risk, including, without limitation, the risk of physical illness or injury, death and/or property damage. I HEREBY ASSUME FULL RESPONSIBILITY FOR, AND RISK OF ILLNESS, BODILY INJURY DEATH OR PROPERTY DAMAGE to me, including due to negligence, active or passive, or otherwise while in, about or upon the premises of the Outlet and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the Outlet. I acknowledge that any illness or injuries that I contract or sustain may be compounded by negligent first aid or emergency response of the Releasees and I waive any claim in respect thereof.

I further expressly agree that the foregoing COVID-19 WAIVER OF LIABILITY, ASSUMPTION OF RISK, RELEASE AND INDEMNITY AGREEMENT is intended to be as broad and inclusive

as is permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance will, notwithstanding, continue in full legal force and effect.

I HAVE CAREFULLY READ AND VOLUNTARILY SIGN THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT AND FURTHER AGREE THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE. I AM AWARE THAT BY AGREEING TO THIS AGREEMENT I AM GIVING UP VALUABLE LEGAL RIGHTS INCLUDING THE RIGHT TO RECOVER DAMAGES FROM THE RELEASES IN CASE OF ILLNESS, INJURY , DEATH OR PROPERTY LOSS OR DAMAGES, INCLUDING, FOR THE AVOIDANCE OF DOUBT AND WITHOUT LIMITATION, EXPOSURE TO COVID -19 AT ANY OUTLET OR PROGRAM AND ALL ILLNESS, INJURY OR DEATH RESULTING THEREFROM. I UNDERSTAND THAT THIS DOCUMENT IS A PROMISE NOT TO SUE AND A RELEASE OF AND INDEMNIFICATION FOR ALL CLAIMS AND IS BINDING ON ME, MY HEIRS, FAMILY, ESTATE, REPRESENTATIVES AND ASSIGNS.

I HAVE READ AND UNDERSTAND THE TERMS OF THIS ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT AND AGREE TO ITS TERMS.

By:

Print Name:

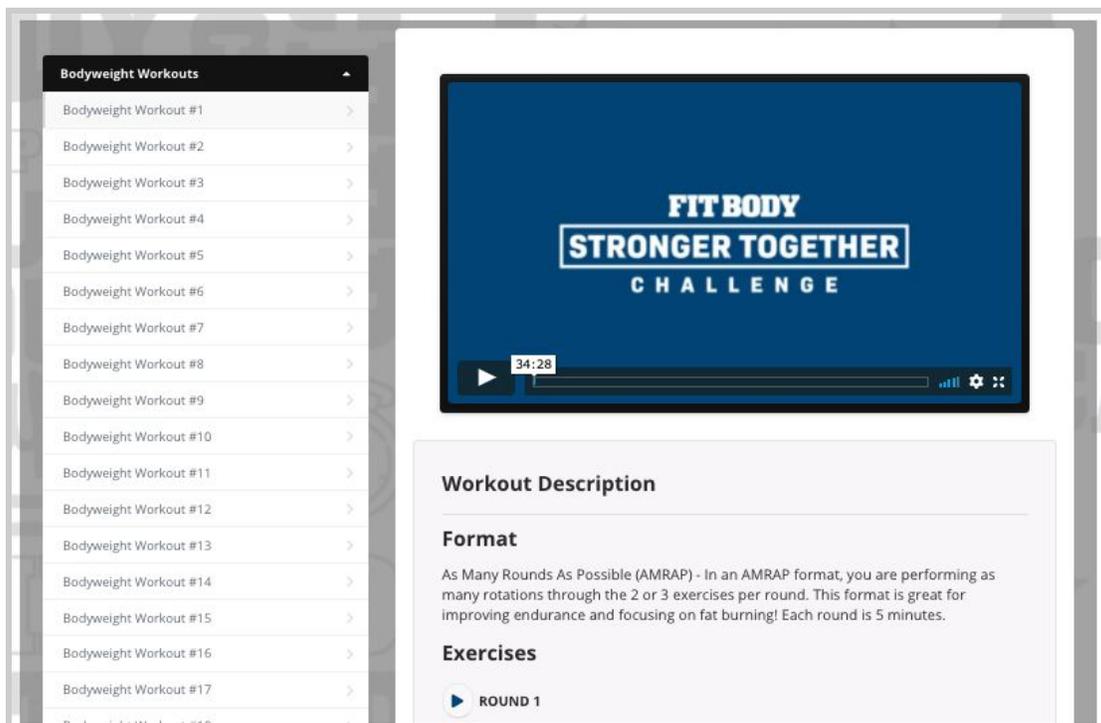
Date:

[Click Here](#) for a step by step video on how to load this Client Waiver into your Club Ready account.

Additional Resources

- [Hillyard Cleaning Co.](#) - Cleaning and sanitizing products - Aris Davis 480-648-6127
- <https://www.bettymills.com/> - Cleaning products
- We recommend starting a Shared Google Document for your FBBC that you and your team can collaborate on. The document can be used to take note of anything relevant to your team and clients during this time of transition.
 - As we have mentioned, FBBC HQ is setting the standards and protocols for reopening. It is acceptable to have even higher standards than the ones established in this reopening protocol document, but it will not be acceptable as a franchisee, to not meet these standards.
 - Having a Google Document will allow your team to collaborate and ensure effective and centralized communication is taking place and can be updated in real time.
- Keep up to date on what is going on in your state with [this document](#). Stay At Home orders are being changed and modified on a regular basis. Make sure you are staying within your state's guidelines.

Sign Up For Fit Body On-Demand



The screenshot displays the Fit Body On-Demand app interface. On the left, there is a list of 17 "Bodyweight Workout" items, each with a right-pointing arrow. The main content area features a video player with a blue background and white text that reads "FIT BODY STRONGER TOGETHER CHALLENGE". Below the video player, there is a "Workout Description" section with a "Format" subsection explaining the AMRAP (As Many Rounds As Possible) format. The "Exercises" section is partially visible, showing a play button and the text "ROUND 1".

Step 1: [Registration Link](#) Step 2: [Log-in Link](#)

Dollamur Mats Cleaning Guide

**FIT BODY
BOOT CAMP**

DOLLAMUR FLOORING CARE

Protecting your Dollamur flooring:

- Position doormat style mats around the floor and have all participants wipe their feet before walking on the floor.
- If you live in an area that tends to have a lot of rain or snow, causing mud, you may want to recommend that your clients bring a separate pair of shoes to workout with.

Hot water extraction: Should be done once a month

- Hot water extraction is a very good way to maintain the appearance and hygiene of the carpet bonded foam. Regular vacuuming is also helpful.
- DO NOT use soap/chemicals in the hot water extraction process. If all the soap is not removed, your floor will feel sticky and the remaining soap will attract more dirt and grime.
- The foam on the underside of the carpet bonded foam will not absorb water like the carpet pad in homes/offices.
- Since the water will not soak through the carpet into the foam, more water may be used. Please note, if you have a Flexi-Roll floor, the water will leak through the seams.
- Be sure to vacuum the water out of the carpet. Place several fans to blow air across the floor.
- Be careful not to get water on the gym floor under your mats. It is a good idea to roll up the mats to inspect for water.

Sanitizing the mat surface: should be done 1-2 times every 2 months

- City health departments recommend a one to one hundred part solution of bleach to water for killing germs.
- A bleach solution of one to one hundred will NOT harm or discolor the carpet. The mat fastener however will be discolored, so it should all be removed before cleaning.
- A bleach cleaning may be used in conjunction with the hot water extraction. An extra rinsing might be required to remove the bleach smell.
- Use caution as the bleach will ruin most clothing it comes into contact with.

Vacuuming:

- You should be vacuuming your floors after your morning sessions and after your evening sessions.
- You can use carpet cleaning powder to sprinkle on the floor before vacuuming so that you can keep your flooring smelling and looking great.

For further questions in regards to your Dollamur floor care, please contact Dollamur Sport Surfaces at 800-520-7647.

FITBODYBOOTCAMP.COM