

INFORMED CONSENT FOR GYM USE (GRACIE ARIZONA JIU JITSU AND COPPERHEAD CROSSFIT) DURING THE COVID-19 PUBLIC HEALTH CRISIS

This document contains important information about your decision to resume in-person gym services in light of the COVID-19 public health crisis. Please read this carefully and let us know if you have any questions. When you sign this document, it will be an official agreement between us.

Decision to train Jiu Jitsu and/or workout at Copperhead Crossfit

I understand that by coming to the facility, I am assuming the risk of exposure to the coronavirus. I understand that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. I further understand that COVID-19 is extremely contagious and is believed to spread by person-to-person contact and accordingly, federal and state health agencies recommend social distancing. I understand that possible exposure to COVID-19 may result in any of the following: A positive COVID-19 diagnosis, extended quarantine/self-isolation, additional tests, hospitalization that may require medical treatment, intensive-care treatment, or other potential complications that may lead to loss of life. I understand that COVID-19 may cause additional risks, some or many of which may not currently be known at this time.

Your Responsibility to Minimize Exposure

To utilize the gym, you agree to take certain precautions, which will help keep everyone safer from exposure, sickness, and possible death. If you do not adhere to these safeguards, it may result in you being asked to leave the gym. Initial each to indicate that you understand and agree to these actions:

- You will only come to the gym if you are symptom free. ____
- You agree to have your temperature taken upon entering the gym. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you will not be permitted to enter the facility or train/workout. ____
- You will wash your hands when you enter the building. ____
- You will adhere to the safe distancing precautions we have set up in the gym with designated training/workout spaces. ____
- You will do your best to keep a distance of 6 feet and there will be no physical contact (e.g. no shaking hands, hugging, tec.) with others (with the exception of your training partners for jiu jitsu) ____
- You will try not to touch your face or eyes with your hands. If you do, you will immediately wash your hands. ____
- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols. ____
- You will take steps between visits to the gym to minimize your exposure to COVID. ____
- If a resident of your home tests positive for the infection, you have a job that exposes you to other people who are infected, or have other responsibilities or activities that put you in close contact with others who are infected, you agree not to come in to the gym until you have self-quarantined for 14 days. ____

I may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

Our Commitment to Minimize Exposure

Gracie Arizona and Copperhead Crossfit have taken steps to reduce the risk of spreading the coronavirus and I am committed to keeping all of our families safe from the spread of this virus. If a member of the gym tests positive for the coronavirus, the members will be notified so that you can take appropriate precautions and we will conduct contact tracing to the best of our ability.

Our gym is taking the following precautions to protect our members and help slow the spread of the coronavirus.

- Workout spaces have been marked off and designated for appropriate physical distancing.
- Staff will frequently disinfect surfaces.
- Restroom soap dispensers are maintained and everyone is required to wash their hands.
- We ask all members to submit to temperature taking as they enter the building.
- Members should not arrive more than 10 minutes before their class times.
- Tissues and trash bins are easily accessed. Trash is disposed of on a frequent basis.
- Common areas are thoroughly disinfected at the end of each day.

Informed Consent

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND FULLY UNDERSTAND THAT BY SIGNING IT I AM GIVING UP CERTAIN LEGAL RIGHTS AND CLAIMS THAT MAY ARISE IN THE FUTURE AND DO SO VOLUNTARILY. I UNDERSTAND THE EXPLANATION AND HAVE NO MORE QUESTIONS. I AM PARTICIPATING IN CLASSES AT GRACIE ARIZONA AND/OR COPPERHEAD CROSSFIT BY MY OWN CHOOSING AND WITH FULL KNOWLEDGE OF THE POSSIBLE RISK FACTORS.

Your signature below shows that you agree to these terms and conditions.

Member (printed name and signature)

Date

Owner/Representative

Date