



We at Performance Edge are passionately committed to providing an inspiring, safe and clean environment for our clients. We continue to actively monitor COVID-19 developments as well as CDC guidelines. While our team is taking the necessary steps to go above and beyond standard cleaning procedures, we also know there is strength in numbers, so we are asking you to join us in our commitment.

BEST PRACTICES TO HELP PROTECT YOURSELF AND OTHERS:

Please do not come to the facility if you don't feel well

If you are not feeling well, have a fever, a temperature over 100 degrees , or visible signs of illness we ask that you take the time to rest and recover.

We ask that ALL athletes take their temperature before arriving at Performance Edge for their scheduled session.

Wash, rinse, and repeat

Good hand washing practice involves immersing your hands in warm, soapy water for at least 20 seconds. We ask that all athletes wash their hands upon arrival and before your scheduled session. One of our bathrooms has been set up as a dedicated handwashing station.

Mask or face coverings

If you are going to cough or sneeze please cover your mouth and nose with a tissue or your sleeve, not with your hands. Using your hands will only further spread germs and viruses. If you feel uncomfortable or prefer to wear a mask you are more than welcome to. Masks tend to lead to unnecessary touching of the face, especially during exercise due to slippage, movement and sweating. During specific times that a coach may need to limit social distancing such as spotting during a bench or squatting we will have a mask available if you don't have one.

Disinfect your equipment

We ask that you wipe-down the equipment immediately after use. Please use the disinfectant wipes found in the wall mounted containers. Spray bottles with disinfectant solution will be placed by the dispensers and may be used to further dampen the towels for a better clean.

Hands-off for now

High fives and handshakes can be replaced with nods and smiles for the time being.

We are on the offense Our club is stocked with tissues, paper towels and disinfectant spray. Please use them! We are doing our best to provide hand sanitizer as it becomes available and we encourage you to bring your own travel size as you'd like. As always we encourage you to bring your own sports towel as well.

Stay informed

Refer to the CDC for best practices to help keep you and your family safe.



Client Waiver

Performance Edge will continue to keep the cleanliness and sanitation of our facility as a top priority. Even with the additional precautions taken to reduce risk, we cannot guarantee with certainty there will not be any exposure. There is an inherent risk in using the equipment much as there is with using a shopping cart or pumping gas into your car.

I, _____, understand this inherent risk and agree to hold Performance Edge, it's employees and partners, harmless from any positive COVID-19 diagnosis I may receive in the future.

I commit to notifying Performance Edge if I or any family member tests positive for COVID-19. I understand my information would remain strictly confidential but that other athletes would be notified of possible exposure.

If I'm notified of having possible exposure to COVID-19, I agree that I will not come in to Performance Edge until 14 days have passed and I remain symptom free. Your programs expiration date will be pushed out to offset this time.

Participant Signature

Parent Signature if under 18 years old