

CHAMP Fitness Health and Safety Procedures

- 1) At this time, Charlotte city leaders and Mecklenburg county health officials have instated a mask mandate, regardless of vaccination status, for all indoor public places in Charlotte. Therefore, effective Monday, August 23, everyone will need to wear a face mask, when arriving, when retrieving your equipment, when using the restroom and when departing. Once you find your spot and begin to exercise, you may remove your mask if you find that it is not practical to wear one. We will spread out as much as possible while exercising. Please use the stickers on the ground as a guide.
- 2) Hand sanitizer will be provided.
- 3) Disinfecting wipes will be provided.
- 4) Please do a self-assessment for any signs of illness BEFORE arriving to any CHAMP fitness class. If you or anyone in your household has a raised temperature of 100.4 or higher or any other illness symptoms, you should not attend any CHAMP fitness classes.
- 5) If you or anyone in your household has been exposed to COVID-19 or tested positive for COVID-19 in the past two weeks, do NOT attend any CHAMP event until after at least a five-day quarantine period has been observed. Please contact Kelly Lamb with the details of your situation. It is our goal to promote health and safety for everyone involved in CHAMP programs.
- 6) For more information about prevention and safety regarding COVID 19, please visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.