



### **HELPFUL TIPS TO PROTECT YOUR HEALTH**

- Wash or sanitize your hands often
- Wipe down your equipment after use
- Please give each other space where possible
- If you feel sick, are coughing or have difficulty breathing, please stay home

### **What ESPORTA FITNESS is doing:**

- Limiting club capacity
- Spacing equipment
- Making sanitizing a part of every employee's job
- Regularly sanitizing equipment and high-touch areas
- Offering contact-less check-in
- Pre-screening staff temperatures daily
- Having staff wear masks

### **What MEMBERS need to do:**

- Use our app for contact-less check in
- Wash/sanitize hands frequently
- Bring your own towel/mat
- Maintain social distancing
- Wipe down equipment and weights after each use
- Wear a mask when entering & exiting the facility and using the locker rooms (remove the mask while exercising)