



Dear friend/personal training client:

Below is my plan to safely resume personal training from my studio space. A Cleaning Protocol for my studio with a checklist will be posted and reviewed daily. I will use Lysol Clean & Fresh Multi-Surface Cleaner, which kills 99.9% of viruses and bacteria. It is approved to kill germs even when diluted. It is on the EPA's list of disinfectants that meet their criteria for use against SARS-CoV-2, the cause of COVID-19. <https://www.lysol.com/en/multi-purpose-cleaners/multi-purpose-cleaners/>

Surfaces to be treated before and after personal training.

- ✓ Front doorknobs (inside and outside)
- ✓ Surfaces in Bathroom: light switch, toilet seat and toilet handle, sink and faucet
- ✓ All surface on the reformer you may touch with any part of your body

I will maintain a safe distance of 12 ft from client marked by tape of the floor and I will wear a mask in compliance with Governor Hutchinson's guidelines. Please wear a mask when entering and exiting the studio. Masks may be removed during exercise.

Hand sanitizer will be available to use before and after training.

The Arkansas Department of Health requirements for gyms include the following screening for staff (me) and participants (you). Anyone who have any of the following characteristics should NOT be allowed to enter:

- Have returned from travel to NY, NJ, CT, New Orleans or overseas within the last 14 days
- Have had a fever of 100.4°F or greater in the last 2 days
- Have a cough, difficulty breathing, sore throat, or loss of taste or smell
- Had contact with a person known to be infected with COVID-19 within the previous 14 days
- Have compromised immune systems and/or have chronic diseases

Please let me know if you are ready to resume training. I look forward to assisting you with your health and fitness goals while staying safe.

With warm regards,

Paula Hixson

