



**HEALTH & SAFETY  
GUIDELINES 2020**

# Table of Contents

**3 — LETTER FROM BRIT**

**4 — FACILITIES UPDATES**

**5 — MEMBERSHIPS**

**6 — GRITFAM GUIDELINES**

**7-8 — STUDIO VISITS**

**9-10 — LIABILITY WAIVER**

**11-13 — CDC RESOURCES**



# WELCOME BACK GRITFAM!

**GRITFAM = Strongest Women in Dallas!**

Ladies, now more than ever we must ban together as we reopen our studios—our safe space! Each one of us must do our part to keep ourselves and our fellow GRITFAM members healthy and safe. The dreamteam and I have consulted several experts, service industry leaders, and medical professionals to create a comprehensive studio reopening plan. This guide will equip and empower you to have the safest experience at GRIT so that you can enjoy your workout without worry. Please follow this guide to protect yourself and your gym buddies.

**Thanks for your support and cooperation.**

**We're better together!**

*Much love!  
xo Brit*

**BRITTANI RETTIG WOLD  
FOUNDER, GRIT FITNESS**



# Facilities Updates

## REOPENING: PHASE 1

### CLASS SCHEDULE

There will be no more than three classes per day per room. There will be at least 30 minutes between all classes to allow time for thorough cleaning. There will be no back-to-back doubles in the same studio room.

6:00AM / 6:30AM

5:00PM / 5:30PM

6:30PM / 6:45PM

### CLASS CAPACITY

ADDISON	DESIGN DISTRICT*	SMU BLVD
17 IN GROUP EXERCISE	17 IN GROUP EXERCISE	12 IN GROUP EXERCISE
17 IN REVOLUTION CYCLE	17 IN REVOLUTION CYCLE	0 IN REVOLUTION CYCLE**

\*FOR DESIGN DISTRICT ONLY — New outdoor bootcamp class capacity is 20. KO Boxing studio is temporarily repurposed for additional REVOLUTION Cycle classes with a 17 person capacity.

\*\*REVOLUTION Cycle studio at SMU Blvd is temporarily closed.

### STUDIO AMENITIES

Bathrooms will be for emergencies only. Showers, changing rooms, co-working spaces, and lounges are temporarily closed. Towel service will not be available, but towels will be for sale at the front desk for \$9. Water dispensers will not be available to use, but bottled water will be for sale at the front desk for \$3.

### HEIGHTENED CLEANING + PRECAUTIONS

All staff will be temperature-checked before their shift. Front desk staff will wear masks and gloves at all times. HEPA air filters will be installed at all locations. No-touch check in with the GRIT mobile app or with front desk staff. No cash payments will be accepted at this time. Staff will execute a thorough cleaning of rooms between classes. Professional deep cleaning will take place during off hours. Additional hand sanitizer will be available throughout all studios.

# Memberships

## NEW PRICING LEVELS

<b>VIRTUAL</b>  <b>\$49</b> PER MONTH  UNLIMITED VIRTUAL CLASSES	<b>VIRTUAL +</b>  <b>\$99</b> PER MONTH  UNLIMITED VIRTUAL CLASSES  4 IN-STUDIO CLASSES PER MONTH	<b>PEARL</b>  <b>\$139</b> PER MONTH  UNLIMITED VIRTUAL CLASSES  UNLIMITED IN-STUDIO CLASSES  1 YEAR CONTRACT	<b>SILVER</b>  <b>\$159</b> PER MONTH  UNLIMITED VIRTUAL CLASSES  UNLIMITED IN-STUDIO CLASSES  NO CONTRACT MONTH-TO-MONTH
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Frozen memberships will renew June 1, 2020, with classes resuming on June 2, 2020. All current active members will be grandfathered in at their same rate to the same level of studio access they had previously plus unlimited virtual classes—no action is needed.

Members who are not comfortable coming back yet can convert their memberships to Virtual and finish out their contract with online classes.

## VIRTUAL CLASSES

As the studios reopen, we'll continue to livestream at least one class per day and organize the library so it's easy to find the workout you're looking for. We are so excited to offer hybrid virtual/in-studio membership levels moving forward. Whether you workout at home or in the studio, you can still participate in challenges, chat with your buddies, get results, and be an engaged member of the GRITFAM.

# GRITFAM

## GUIDELINES

Keeping the GRITFAM safe is our top priority.

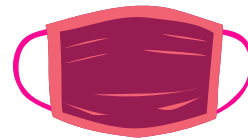
### SOCIAL DISTANCE

6 ft



Stay in your assigned workout area and keep at least a 6 ft distance between you & your neighbors.

### FACE MASK



Face masks must be worn in all common areas, inc. entering & exiting the studio, bathrooms, etc.

### GEL IN / GEL OUT



Utilize hand sanitizer when entering & exiting the fitness studios.

### IF YOU FEEL SICK



If you feel sick or unwell, please stay home.



# Studio Visits

## SAFE AND SWEATY

### BEFORE YOU ARRIVE

- The new liability waiver must be reviewed and signed electronically before you return to any GRIT Fitness studio location (see page 8).
- Book your classes online or via the GRIT Fitness mobile app up to 14 days in advance. No walk-ins will be accepted during Phase 1.
- Perform a self-assessment of your health prior to coming to class. The assessment should check for the following symptoms: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain (not related to your last workout!), sore throat, new loss of taste or smell, or gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- If you have a fever or have any of the above symptoms, cancel your reservation and stay home.
- Ensure that you have all necessary items to take with you: face mask, sweat towel, and a filled water bottle. Leave any unnecessary personal items at home to minimize the use of cubbies.
- Change into your workout clothes before arriving. You may not change clothes in the building as all changing rooms and seating areas are temporarily closed.
- Leave early and arrive to class on time.

### ENTERING THE BUILDING

- Self-check in from your car, outside of the building, on the GRIT app. You will be allowed to self-check in for class once you are 100 meters from the building.
- Touchless check in at the front desk in the lobby is available if you have issues with the app.
- Face mask must be properly in place before entering the building.
- You may enter the building only 10 minutes for your scheduled class start time, no earlier.
- Maintain a proper social distance of 6 feet - no high fives, hugs, or selfies.
- All seating areas in the lobby, changing rooms, and showers are temporarily closed.
- Bathrooms may be used for emergencies only.
- Enter the studio using the marked "Entrance Only" door.

### ITEMS FOR SALE

Forget something? We've got your back! The below items are available for purchase at the front desk. We will charge the credit card you have on file as to maintain no-touch transactions. Cash payments will not be accepted at this time.

BOTTLED WATER   \$3   SWEAT TOWEL   \$9   GRIT FACE MASK   \$15

## TAKING CLASS

- "Gel in / Gel out" – Utilize hand sanitizer upon entering the studio and prior to retrieving weights and equipment.
- Disinfect bottom of your shoes before entering the group fitness studio. Disinfectant wipes will be provided.
- Grab the weights/equipment needed for class. Steps/benches/mats will already be laid out.
- Go to your assigned bike or a pick a marked space in the group fitness studio.
- Workout only in your assigned space. There will be an 8-foot radius around you.
- Maintain a proper social distance of 6 feet - no high fives, hugs, or selfies.
- You may remove your mask once you are in your assigned space.

## AFTER CLASS

- After the workout, leave your weights and equipment on the floor at your workout space.
- Our staff will clean and disinfect the equipment before putting it away.
- Use hand sanitizer upon exiting the studio.
- Exit the studio using the marked "Exit Only" door.
- Immediately leave the building once your class has finished. Take a post workout selfie outside, tag @gritbybrit, and continue socializing virtually in our GRITFAM Facebook Group.

## INFECTION PROTOCOL

If you have tested positive for COVID-19, you can return to in-person classes after these three things have happened:

1. You have had no fever for at least 72 hours. That is three full days of no fever without the use of medicine that reduces fevers.
2. Other symptoms have improved. For example, your cough or shortness of breath have improved.
3. At least 10 days have passed since your symptoms first appeared.

 **QUESTIONS?  
EMAIL US!**

**DALLASGRITFITNESS@GMAIL.COM**





**GRIT by Brit LLC DBA GRIT Fitness**

**INFECTIOUS DISEASE RELEASE OF LIABILITY AND INDEMNITY AGREEMENT (“RELEASE”)**

1. I, the undersigned, acknowledge the inherent risks involved when participating in fitness activities and/or using any type of fitness equipment at GRIT by Brit LLC DBA GRIT Fitness and in all other sports and training sessions relating therein. Accordingly, as consideration in exchange for being allowed to participate in any fitness activities at GRIT by Brit LLC DBA GRIT Fitness, I acknowledge and fully understand that I will be engaging in activities that involve risk of serious injury, which may include permanent disability and even death, and severe social and economic losses which might result not only from my actions, but also from the action, inaction or negligence of others, the rules of play, or the condition of the premises or any equipment used, and further that there may be risks not known to me or not reasonably foreseeable. I expressly assume all risks of injury, including death, which may occur in connection with my participation in activities at GRIT by Brit LLC DBA GRIT Fitness. I agree that prior to participating in any activity at GRIT by Brit LLC DBA GRIT Fitness, I will inspect the studio and all equipment to be used, and if, through my inspection, I determine that anything related to that activity is unsafe, I will immediately advise the staff or another official of GRIT by Brit LLC DBA GRIT Fitness of this unsafe condition and will not participate until this condition is corrected. I agree to assume all the foregoing risks and accept full responsibility for my own damages following such injury, permanent disability, or death.

2. I, the undersigned, acknowledge that GRIT by Brit LLC DBA GRIT Fitness takes all reasonable measures to disinfect and clean the premise and its equipment on a regular basis to ensure a clean and healthy environment for its clients. During a widespread outbreak of a bacterial or viral disease, including but not limited to SARS, Ebola and COVID-19, I EXPRESSLY ASSUME THE RISK OF ALL HARM, INJURY, OR ILLNESS, INCLUDING DEATH, TO MYSELF OR OTHERS WITH WHOM I HAVE CLOSE CONTACT AND RELEASE AND FOREVER DISCHARGE AND HOLD HARMLESS GRIT by Brit LLC DBA GRIT Fitness FROM ALL LIABILITY OR CLAIM FOR HARM, INJURY, OR ILLNESS AND DEATH ARISING OUT OF OR RESULTING FROM OR IN ANY WAY RELATED TO PARTICIPATION IN ANY OF THE EVENTS OR ACTIVITIES CONDUCTED BY, ON THE PREMISES OF, OR FOR THE BENEFIT OF GRIT by Brit LLC DBA GRIT Fitness

3. I RELEASE, WAIVE, DISCHARGE, AND AGREE NOT TO SUE GRIT by Brit LLC DBA GRIT Fitness, ITS PARENT COMPANY, AND ANY SUBSIDIARIES AND ALL ITS RESPECTIVE AGENTS, AFFILIATES, ASSOCIATES, OFFICERS, DIRECTORS, OWNERS, CONTRACTORS AND EMPLOYEES (COLLECTIVELY “RELEASES”) FROM DEMANDS, LOSSES, OR DAMAGES ON ACCOUNT OF ANY BODILY INJURY, DEATH, OR PROPERTY DAMAGE, CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY RELEASES OR ANY OTHER PARTY’S ACTIONS, INACTION, OR OTHERWISE INCLUDING ANY NEGLIGENCE OR GROSS NEGLIGENCE. I ALSO AGREE TO INDEMNIFY RELEASES FROM ANY AND ALL THIRD-PARTY CLAIMS CAUSED IN WHOLE OR IN PART BY MY PARTICIPATION IN ANY OF THE EVENTS OR ACTIVITIES CONDUCTED BY, ON THE PREMISES OF, OR PROVIDED VIA VIRTUAL MEDIA by GRIT by Brit LLC DBA GRIT Fitness.

4. I consent to emergency medical care and transportation to obtain treatment in the event of injury to me as GRIT by Brit LLC DBA GRIT Fitness may deem appropriate. This Release extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency.

Initial \_\_\_\_\_



5. I expressly agree that the terms of release and indemnity contained herein are intended to be as broad and inclusive as is permitted by the laws of the state of Texas. Any provision or portion of this Release found to be invalid by the courts having jurisdiction shall be invalid only with respect to such provision or portion. The offending provision or portion shall be construed to the maximum extent possible to confer upon the parties the benefits intended thereby. If said provision or portion, as well as the remaining provisions or portions hereof, shall be construed and enforced to the same effect as if such offending provision or portion thereof had not been contained herein. I have read the Release and understand that by signing below, I have given up substantial rights.

#### **GRIT by Brit LLC DBA GRIT Fitness Publicity Release Waiver**

Clients are advised that GRIT by Brit LLC DBA GRIT Fitness may photograph, record, and/or videotape its clients while at GRIT by Brit LLC DBA GRIT Fitness and at activities outside the studio where GRIT by Brit LLC DBA GRIT Fitness has agreed to sponsor events such as happy hours, parties, conferences, etc. GRIT by Brit LLC DBA GRIT Fitness may reproduce, transmit, perform, display, distribute, edit, create derivatives of, and otherwise use, and permit others to use, all photographs, recordings, videos, Livestream or Virtual productions, writings, statements, and quotations of or by its clients (the "Materials"), in any and all media, for any purpose in GRIT by Brit LLC DBA GRIT Fitness's sole discretion, and without further consent from or payment to its clients. Clients may not use any Materials for personal promotion or monetary gain.

#### **Intellectual Property**

I understand that fitness and dance class formats and choreography at GRIT by Brit LLC DBA GRIT Fitness are proprietary and trademarked. The class choreography and formats may be leveraged only by GRIT by Brit LLC DBA GRIT Fitness certified instructors at official GRIT by Brit LLC DBA GRIT Fitness facilities and sponsored events. I agree not to copy or leverage GRIT by Brit LLC DBA GRIT Fitness's trademarked choreography, exercises or class formats and I understand that doing so is illegal and punishable by federal law.

#### **First Time Clients, Late Arrival Policy**

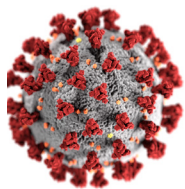
We understand delays happen, but your safety and understanding of the GRIT by Brit LLC DBA GRIT Fitness studio and classes is critical. If you do not arrive 10 minutes early to receive a comprehensive tour and introduction to the studio and the classes and communicate any pre-existing injuries you will not be allowed in class. However, the class credit will be saved in your account for future use. We apologize for any inconveniences to you due to this policy.

#### **No Show Fees**

I understand that in order to cancel a class at GRIT by Brit LLC DBA GRIT Fitness I must cancel my reservation online or via the mobile app at least 4 hours before the scheduled class time. If I "Late Cancel" or "No Show" for a class, the following actions will take place: A) For monthly unlimited members: No-show will result in a \$15 fee. B) For class package members: No-show will result in a \$15 fee plus the loss of the class from your series.

**PRINT NAME** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

# What you should know about COVID-19 to protect yourself and others



## Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



## Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



## Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



## Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



## Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

## How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

## CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

## Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

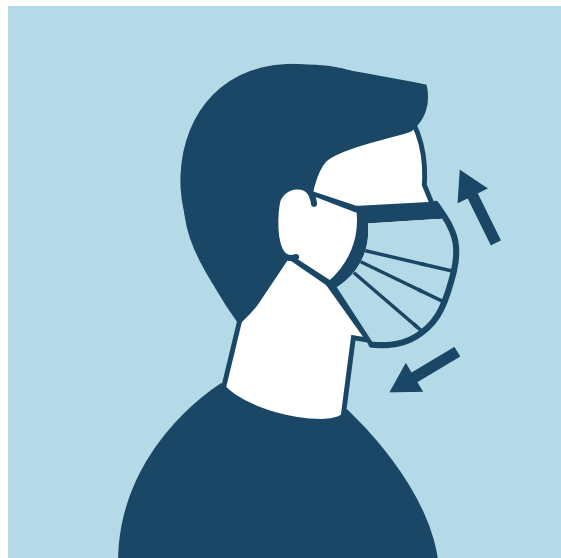
Yes. They should be routinely washed depending on the frequency of use.

## How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

## How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation,** ride-sharing, or taxis.



## Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



## Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

## Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



## If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)