

Gracie Burlington, LLC Training Checklist

1. **RSVP** for class via *Zen Planner* (Student Limit). Do not reserve for back-to-back sessions
2. During Phase 2 classes will be kept at a 45 minute limit in order to clean and sanitize in between classes.
3. Arrive 5-10 minutes before class to ensure you are ready when class starts. Do not come onto the mats until the instructor begins class.
4. Wear a **rash-guard** under your Gi (Children can wear a T-Shirt under Gi).
5. Bring a drink. We will not be allowing use of the water fountain during phase 2.
6. Each individual must have their temperature taken by Gracie Burlington, LLC staff upon arrival at the front desk prior during phase 2. This includes members and anyone who will be accompanying the member.
7. Turn in or fill out **COVID19 WAIVER** prior to training.
8. Before or when you arrive at the gym turn your **RSVP** into a **CHECK-IN** through your *Zen Planner*. You can do this via the app on your phone or Karen can check you in at the front desk. ***If you decide not to attend class please be sure to cancel your reservation at least 1 hour prior to class to allow another member to fill the spot. Thank you in advance for this courtesy.*
9. Wash your hands prior to getting on the mats.
10. Masks are optional for training
11. When class is over, sanitize your hands and exit the facility promptly.
12. If using the gym equipment, please spray and wipe down anything equipment you used with a clean towel. Clean and Dirty towel buckets along with spray cleaner are located throughout the gym. Thank you in advance for helping to keep the gym clean.

Stay home if you are sick or experiencing symptoms. We are doing our part, so make sure you do yours. Practice proper hygiene before and after class. If you work out at the gym before class please bring a change of clothing and change before taking class. **Ensure all your gear and equipment has been washed and disinfected before each class. Yes, wash your belt!!!**

Kids Classes: During Phase 2 we are asking that only one family member accompany each child. We have spaced out the seating for parents, and there will be no use of the sofas at this time.

If you have any questions please text **336-260-6493** in advance.

