

GYMGUYZ®
#1 in Home Personal Training®
COVID-19 No Touch Policy
Acknowledgement

In response to managing the risk of transmission of COVID-19, GYMGUYZ has adopted CDC's interim US risk assessment and public health management guidelines as they pertain to social distancing. As a result, the following Personal Training Agreement statement will not be followed: *"I understand that certain physical touching may be necessary to ensure proper technique and body alignment and acknowledge that it is my responsibility to let my trainer know if I prefer not to be touched or adjusted."*

All GYMGUYZ coaches are required to *only* provide verbal and visual cues during client training sessions. No physical touching is permitted and all coaches must be approximately 6-feet from his/her client throughout the training session.

I acknowledge that I have read and understand the above interim No Touch Policy adopted by GYMGUYZ in order to minimize the risk of, and potential transmission of, COVID-19.

Client Signature

Date

Client Full Name (print)

Coach Signature

Date

Coach Full Name (print)