

JULY 2020

# HEALTH & SAFETY GUIDELINES

POLE  
*shine*  
AERIAL  
SHINE FITNESS STUDIO



SHINE FITNESS STUDIO



# TABLE OF CONTENTS

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A NOTE FROM KRISTEN, FOUNDER | PAGE 3

STUDIO UPDATES | PAGE 4-5

STUDIO VISITS | PAGE 6-8

MEMBERSHIPS & FEES | PAGE 9

LIABILITY WAIVER | PAGE 10-12

RESOURCES | PAGE 13-16



# A NOTE FROM KRISTEN

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We are so excited to invite you back to the studio for classes. Now more than ever, is our time to ban together so that you, your fellow studio members, and our team can Shine. We all need to do our part to keep ourselves and other studio members healthy and safe.

Over the past few weeks, our team has worked to create a plan to reopen the studio so that you are equipped and empowered to have a safe experience with us. We want you to focus on enjoying your workout without worry.

With that being said, I want to address what phase II of reopening will look like and try to answer any questions that you may have. Please take a moment to review the Health and Safety Guidelines to protect you and the Shine Squad. You can also view this information online at [www.shinefitnessstudio.com/covid-19-updates](http://www.shinefitnessstudio.com/covid-19-updates).

We will continue to monitor the situation as it is ever-evolving. Should anything change, we will let you know as soon as possible.

On behalf of the entire Shine Fitness Studio team, we appreciate you SO much for keeping the energy flowing with positive attitudes and support!

As always, if you have questions please do not hesitate to reach out. Sending big virtual hugs to you! I cannot wait to be reunited in a class setting and dancing the days away!

*shine bright,*

Kristen Rodriguez

Founder, Shine Fitness Studio



# STUDIO UPDATES

## Class Schedule

We are no longer running classes back-to-back. We have added a 15-minute buffer between all appointments and classes to allow for cleaning and disinfecting. Please do not congregate in the waiting area before or after classes. We will let you enter the studio once cleaning has been completed. After class is complete, we will let you grab your items one at a time to exit.

For most of our in studio classes, there is an online version. We are unable to host online classes for aerial apparatuses. If you would like to take an **online class** please book a spot in the class titled "ONLINE".

5:00 pm	<a href="#">Sign Up Now</a>	ONLINE Intermediate/Advanced Pole
6:00 pm	<a href="#">Sign Up Now</a>	Open Aerial Hoop
7:30 pm	<a href="#">Sign Up Now</a>	Floorwork & Flow
7:30 pm	<a href="#">Sign Up Now</a>	ONLINE Floorwork & Flow

## Class Size

We have adjusted class sizes so that there is only ONE person per apparatus. All apparatuses are spaced to meet social distancing guidelines. We've taped out where to place your yoga mat so you know you're maintaining distance. Our class and open studio capacities are listed below:

**POLE**  
**7**  
Class & Open

**HOOP**  
**4**  
Class & Open

**THE EXTRAS**  
**10**  
Class

## Increased Cleaning

We have added a 15-minute buffer between all appointments and classes to allow for cleaning and disinfecting. Additionally, high contact areas are disinfected frequently. Our team completes a thorough cleaning of the studio between classes. A deep cleaning takes place during off hours. Additional sanitation stations are available throughout the studio.



# STUDIO UPDATES

## Studio Amenities | Community Items

We are no longer providing our community items like **grip aids, chalk, yoga mats, straps, and blocks**. Please bring your own items to be used in the studio. Grip, knee pads, and clothing is available for purchase at the studio.

Each student will receive a basket that can be used in the studio to hold personal items like your cell phone, grip, gloves, etc. All baskets, spray bottles, and towels are sanitized after class and a new basket is set out for each student.



Disposable cups will no longer be available. **Please bring your own water bottle to class** - stay hydrated! Bottled water is available for a small donation. Ask the front desk for assistance.

## Hoops

All tape has been removed from our hoops. While they are powder coated, they may feel slick. We suggest wearing layers (ex: shorts with yoga pants on top) to find the best grip for you.

You may use studio approved grip, like Dry Hands, to help maintain your grip on the hoops.

Mats are provided for every student. Mats are cleaned and disinfected after every use.

## Hammocks

Hammocks will not be available at this time. Research suggests that the virus can live on fabric 1-3 days. In order to disinfect fabrics, they must be thoroughly sprayed/soaked with disinfecting solution, laundered, and dried completely before storage. At this time, we do not have the capability to launder fabrics after each use. For these reasons, we have decided to not bring fabric back at this time. We will reevaluate this decision as more information is available.

# STUDIO VISITS

## Upon Arrival

- A face covering will be required to enter and remain on premises. The face covering policy is explained in further detail in the "Face Coverings & Gloves" section on page 7.
- You must have a reservation to attend in studio classes. No drop-ins will be accepted.
- Students arriving 10+ minutes late will not be admitted to class.
- A late cancel & no show fee will be enforced for those who register for an in-studio class and do not early cancel or attend.
- You may enter the building only 10 minutes for your scheduled class start time, no earlier.
- All students attending in-studio classes must complete a wellness screening prior to entering the studio.
  - Your temperature will be taken with a touch-free thermometer. You must be fever free - temperature less than 100.4°.
  - You must be able to answer NO to the following questions:
    - i. Have you traveled to outside of TEXAS or USA in the last 14 days?
    - ii. Have you had contact with anyone with confirmed COVID-19 in the last 14 days?
    - iii. Have you had any of these symptoms - fever greater than 100, difficulty breathing, cough, muscle pain (not related to your last workout), sore throat, new loss of taste or smell, or gastrointestinal symptoms like nausea, vomiting, or diarrhea - in the last 14 days?
    - iv. Are you currently experiencing the symptoms above?
  - Those who do not pass the wellness screening will not be permitted in the studio.
- Place shoes in a cubby and disinfect feet.

## Liability Waiver

An additional liability waiver must be completed electronically by visiting

<https://www.waiverking.com/print/31723>. We've included the additional waiver on page 8 for your reference..

## Retail

Retail has been moved to a staff only location to avoid touching from students. A Shine team member will be able to help you with retail purchases. Items like grip, knee pads, clothing, bottle water, and accessories are available for purchase. We are not accepting cash payments at this time.



# STUDIO VISITS

## Face Coverings & Gloves

### Face Coverings

A face covering will be required to enter and remain on premises. Failure to wear a face covering will result in dismissal of class until the face covering requirement can be met.

- The requirement of a face covering does not apply if covering the nose and mouth poses a significant mental or physical health risk to the individual.
- The requirement of a face covering also does not apply when an individual is consuming water.
- Tarrant Count Ordinance: <http://www.tarrantcounty.com/content/dam/main/global/Covid-19/TarrantCountyJudgeExecutiveOrder6-25-20.pdf>

### Gloves

Prior to starting class, all students MUST wash their hands. We are unable to safely and properly execute our curriculum with gloves. Mighty Grip sells gloves that are made for pole and aerial classes but are fingerless. You may order through the studio or through them directly.

## Taking A Class

- Maintain a proper social distance of 6 feet - no hugs, high fives, group selfies, handshakes, etc.
- Place all personal items inside of your basket. A new basket will be placed for you at the beginning of class.
- Place your yoga mat in the marked area.
- Only touch or use your assigned apparatus.
- Do not enter staff only locations.

## After Class

- Leave your basket on the floor in your designated area. Leave spray bottle and towel inside of the basket.
- Remove personal items and exit the studio area one student at a time.
- Do not congregate in the waiting area. Immediately leave the building once your class has finished.
- Take a post workout selfie outside, tag @shinefitnessstudio, and continue socializing virtually in our Shine Squad Facebook group.

# STUDIO VISITS

## Studio Rentals

- All appointments will be contingent upon studio availability.
- You must book at least 24 hours before your appointment. You may reschedule your appointment up to 6 hours before appointment start time.
- You may book your appointment online or by emailing the Front Desk at [frontdesk@shinefitnessstudio.com](mailto:frontdesk@shinefitnessstudio.com). Please note, we have seen an influx in e-mails over the last few weeks. The quickest way to book is online or via the Mindbody application.
- Once you have booked your appointment with us, we will send you a confirmation e-mail confirming the time.

## Private Lessons | Semi-Private Lessons

- All appointments will be contingent upon instructor availability.
- You must book at least 24 hours before your appointment. You may reschedule your appointment up to 6 hours before appointment start time.
- You may book your appointment online or by emailing the Front Desk at [frontdesk@shinefitnessstudio.com](mailto:frontdesk@shinefitnessstudio.com). Please note, we have seen an influx in e-mails over the last few weeks. The quickest way to book is online or via the Mindbody application.
- Once you have booked your appointment with us, we will send you a confirmation e-mail confirming the time and instructor.

## Private Parties

- All appointments will be contingent upon studio and instructor availability.
- Parties must not be larger than class capacity.
- You must book at least 24 hours before your appointment.
- You may book your appointment online or by emailing the Front Desk at [frontdesk@shinefitnessstudio.com](mailto:frontdesk@shinefitnessstudio.com). Please note, we have seen an influx in e-mails over the last few weeks. The quickest way to book is online or via the Mindbody application.
- Once you have booked your appointment with us, we will send you a confirmation e-mail confirming the time and instructor.



# MEMBERSHIPS & FEES



## Memberships

Frozen/suspended memberships will renew or restart June 1, 2020, with classes resuming on June 1, 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 returning to the studio may utilize Virtual classes and our on-demand classes.

If you are experiencing financial hardship, please reach out the studio for relief. Contact us via e-mail [contact@shinefitnessstudio.com](mailto:contact@shinefitnessstudio.com).

## No Show & Late Cancel Fees

In an effort to allow all of our students the opportunity to attend open studio times, we have updated our cancellation policy. You must cancel your class reservation 12 hours before class start time to avoid penalties. Failure to early cancel OR no-shows will result in a loss of pass for pass holders plus a \$10 fee or a \$10 fee for Unlimited membership holders.

Shine Fitness Studio reserves the right to cancel classes within reason and up to 2 hours prior to class start time. Passes will be added back to the student's account and no late cancellation fee will be charged due to cancellations on Shine Fitness Studio's behalf.

## Late Arrivals

We understand delays happen, but your safety and understanding of Shine Fitness Studio and classes is critical. First timers - Please arrive 10 minutes early to receive a tour and introduction to the studio and the classes and communicate any preexisting injuries. Student who arrive 10+ minutes after class start time will not be admitted to class. The late cancel/no show policy will be enforced for students not admitted to class.

# LIABILITY WAIVER

## SHINE FITNESS STUDIO, LLC DBA SHINE FITNESS STUDIO INFECTIOUS DISEASE RELEASE OF LIABILITY AND INDEMNITY AGREEMENT ("RELEASE")

In consideration of the services provided by the facility, their agents, owners, officers, volunteers, participants, employees, independent contractors, volunteers, interns, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Releasees"), I represent that I am in good health and have had no known exposure to COVID-19 and no symptoms of COVID-19, including fever, cough, shortness of breath or difficulty breathing, chills, sore throat, new loss of taste or smell for 14 days prior to attending the Shine Fitness Studio, LLC facility. I represent that I have not traveled outside of Texas or the United State of America for 14 days prior to attending the facility. I acknowledge that if I believe I have had any exposure to COVID-19, I will immediately cease attendance at the facility until I can again warrant that I have had no known exposure for the 14 day period and alert the facility if I have been on the premises since my exposure.

The facility is making its best efforts to reduce the risk of transmission of COVID-19. But the safety of the community is in the hands of every one of us. I expressly agree and promise to abide by the safety precautions provided by Shine Fitness Studio, LLC.

I am aware that training during and after the COVID-19 pandemic involves certain inherent risks, dangers and hazards, which can result in serious infection, personal injury or death. I further acknowledge, understand, appreciate, and agree that my participation may result in possible exposure to and illness from COVID-19. While protocols and personal discipline may reduce this risk, the risk of serious injury, illness, and even death is not possible to fully mitigate.

I hereby freely agree, to assume and accept all known and unknown risks of exposure to COVID-19, even arising from the negligence of the releasees or others and assume full responsibility for my participation. I further recognize and acknowledge that the risks inherent in training can be greatly reduced by protocols set by local and national governance and Shine Fitness Studio as outlined in the Health & Safety Guidelines document.

Initials \_\_\_\_\_



# LIABILITY WAIVER

## **Shine Fitness Studio, LLC DBA Shine Fitness Studio INFECTIOUS DISEASE RELEASE OF LIABILITY AND INDEMNITY AGREEMENT ("RELEASE")**

I hereby waive, release, and discharge all claims that I have or may have in the future, and covenant not to sue Shine Fitness Studio, its administrators, directors, agents, officers, volunteers, employees, contractors, other participants, any sponsors, advertisers, owners, and lessors of the premises on which the activity takes place (each considered one of the "releasees" herein) from all liability, claims, demands, losses, damages, on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations.

I further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf makes a claim against any of the releasees, I will indemnify, defend, and hold harmless each of the releasees from any loss, liability, damage, or cost, including attorneys' fees, which any of the aforementioned may incur as a result of such a claim. In the event of my death or incapacity, this Agreement shall be effective and binding upon my heirs, estate, next of kin, executors, administrators, assigns and representatives.

I accept for use as-is the equipment to be used in activities governed by this agreement.

This Agreement, and all claims or causes of action (whether in contract, tort or statute) that may be based upon, arise out of or relate to this Agreement, or the negotiation, execution or performance of this Agreement (including any claim or cause of action based upon, arising out of or related to any representation or warranty made in or in connection with this Agreement or as an inducement to enter into this Agreement), shall be governed by, and enforced in accordance with, the internal laws of the State of Texas, including its statutes of limitations and without regard to its choice of law principles. The undersigned herein irrevocably consents to the jurisdiction of the courts in Texas, which shall be the sole forum for the resolution of any disputes that arise out of or relate to the parties' relationship.

This Agreement may not be changed orally, and no modification, amendment or waiver of any provision contained in this Agreement, or any future representation, promise or condition in connection with the subject matter of this Agreement shall be binding upon any party hereto unless made in writing and signed by both parties.

Initials \_\_\_\_\_

# LIABILITY WAIVER

## Shine Fitness Studio, LLC DBA Shine Fitness Studio INFECTIOUS DISEASE RELEASE OF LIABILITY AND INDEMNITY AGREEMENT ("RELEASE")

In order to participate in classes or other events at the facility, the undersigned accepts the entire agreement. No written modification or strike-out of the originally typed agreement shall be effective unless signed by both parties.

I agree that if any portion of this Agreement is held to be invalid, that portion shall be severable, and the remaining agreement shall continue to have full force and effect.

### Late Arrival Policy

We understand delays happen, but your safety and understanding of Shine Fitness Studio and classes is critical. First timers - Please arrive 10 minutes early to receive a tour and introduction to the studio and the classes and communicate any preexisting injuries. Student who arrive 10+ minutes after class start time will not be admitted to class. The late cancel/no show policy will be enforced.

### Late Cancel & No Show Fees

In an effort to allow all of our students the opportunity to attend open studio times, we have updated our cancellation policy. You must cancel your class reservation 12 hours before class start time to avoid penalties. Failure to early cancel OR no-shows will result in a loss of pass for pass holders plus a \$10 fee or a \$10 fee for Unlimited membership holders. Shine Fitness Studio reserves the right to cancel classes within reason and up to 2 hours prior to class start time. Passes will be added back to the student's account and no late cancellation fee will be charged due to cancellations on Shine Fitness Studio's behalf.

I have read this Agreement and I fully understand its terms. I understand that I am giving up substantial rights, including my right to sue the facility and its staff for injuries resulting from the inherent risks of training during and after the COVID-19 pandemic, and the ordinary negligence of the facility and staff. I further acknowledge that I am signing this agreement freely and voluntarily, without inducement or assurance of any nature, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by the laws of the state of Texas.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

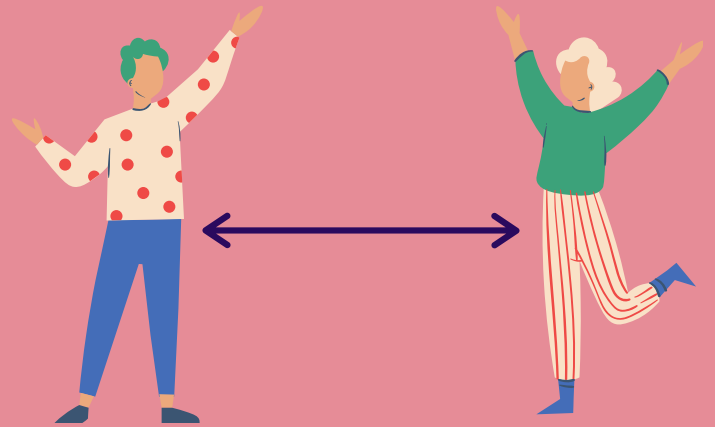


# RESOURCES



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Use our sanitation stations upon entering the studio.



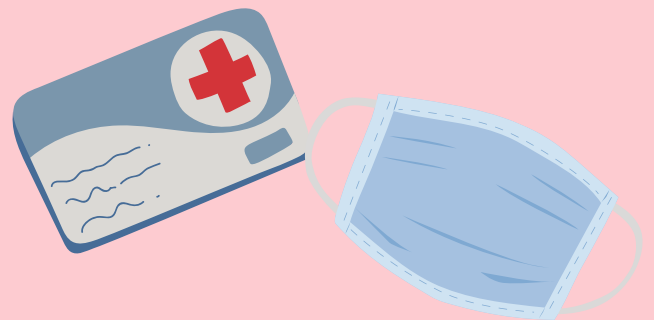
## MAINTAIN PHYSICAL DISTANCING

Maintain at least 6 feet distance between yourself and other students or team members



## AVOID TOUCHING EYES, NOSE AND MOUTH

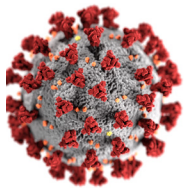
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention.

# 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

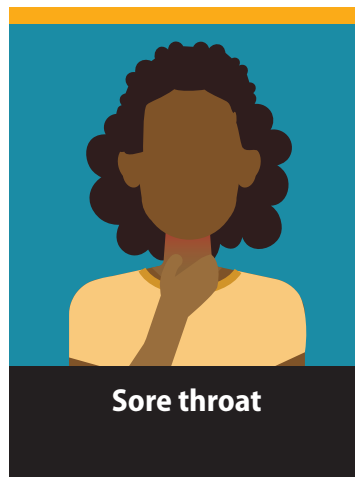
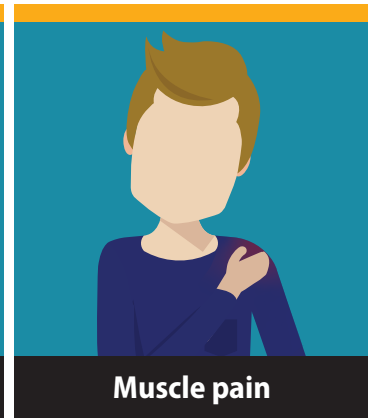
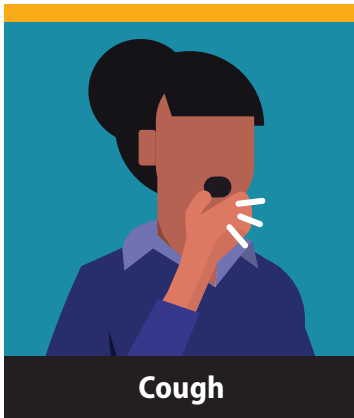
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



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

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

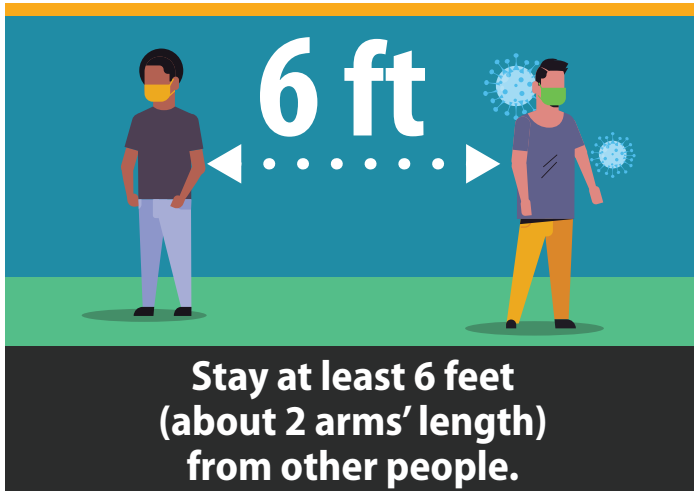
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



# Stop the Spread of Germs

**Help prevent the spread of respiratory diseases like COVID-19.**



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