If you are sick, in any way, please stay at home. Dexshow High Performance is not the place to exercise when ill.

My ultimate goal is to protect the DHP Studio and our community as best I can, while providing a safe and functional training space.

GYM SETUP

- The window will be open when weather permits in order to allow fresh air to enter the studio. During the summer, a fan will be available to increase airflow and circulation.
- Physical distancing will be maintained at all times inside and outside of the DHP Studio unless exercise form dictates a manual correction at which time, Coach Dex will wear a mask while in close proximity to the trainee.
- The bathroom may be used as a change room and toilet, but showers will be unavailable until the COVID guidelines/restrictions have lessened.
- Please use the complimentary hand sanitizer pre- and post-workout or wash your hands in the bathroom upon entry to the DHP Studio.

COACH’S RESPONSIBILITY

- If you would prefer Coach Dex to wear a mask during your entire training session, he is happy to do so – please let him know ahead of time.
- Coach Dex will sanitize all of the used equipment in between each client session using WorkSafe BC approved products. You will be entering a sanitized and safe environment upon arrival to your training session.

What to expect when coming to a session:

- It starts with you at home. Are you feeling sick in any way? If you are, then please stay at home. No-shows or late cancellations will come with a penalty at Coach Dex’s discretion and he is cognisant of the current state of BC COVID guidelines/restrictions.
- Show up to your session 5 minutes before your scheduled time in your workout gear and with a full water bottle. We will provide filtered water if you run out so drink up!

This protocol may change at any time based on the current guidelines from Work Safe BC