

**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**