

We have created the following guidelines in order to offer a safe workout for our community:

**If you are feeling sick, please stay at home. You will not be admitted if you are unwell or are presenting**

**symptoms of any illness**

• Indoor exercise facilities are currently closed.

• The outdoor gym is limited to 10 members at a time.

• The class tent is limited to 15 members at a time.

• All members are given a disinfectant spray bottle and towel at check in. All members are asked to wipe down all equipment before and after use. Additional towels are available throughout the outdoor facilities.

• All members are required to fill out a pre-workout Covid form. Access may be denied based on results of this form.

• You must sign up for a spot in the outdoor gym, classes, lap swimming and tennis so we can adhere to our maximum members at one time policy

• You must bring your own towels, mat, mask, props and other equipment that is not easily cleaned.

• All charges will be put on your account. No cash transactions please

• Bathrooms are available and will be sanitized after each use

• No guests allowed at this time.

• Please view and follow all guidelines as outlined on our website at www.montecitoheights.com

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**LEGAL DISCLAIMER - PLEASE READ. BY SIGNING UP FOR A SPOT YOU ACKNOWLEDGE YOU HAVE READ AND UNDERSTAND YOUR RISK.**

The novel coronavirus (COVID-19) has been declared a worldwide pandemic by the World Health

Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person

contact. As a result, federal, state, and local governments and federal and state health agencies recommend

social distancing and have, in many locations, prohibited the congregation of groups of people.

Montecito Heights Health Club have put in place preventative measures to reduce the spread of COVID-19 for their programs and facilities; however, Montecito Heights Health Club cannot guarantee that you will not become infected with COVID-19. Further, attending our outdoor classes could increase your risk’s risk of contracting COVID-19.

By attending the club, you acknowledge the contagious nature of COVID-19 and voluntarily assume the

risk you may be exposed to or infected by COVID-19 by attending outdoor classes offered by Montecito Heights Health Club and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

You understand that the risk of becoming exposed to or infected by COVID-19 when visiting Montecito Heights

may result from the actions, omissions, or negligence of myself and others, including, but not limited to,

Montecito Heights Health Club employees, teachers, and program participants and their families. You voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that you may experience or incur in connection with your attendance and participation at these classes.

You hereby release, covenant not to sue, discharge, and hold harmless Montecito Heights Health Club or, their

employees, agents, and representatives, of and from all Claims, including all liabilities, claims, actions,

damages, costs, or expenses of any kind arising out of or relating thereto. You understand and agree that this

release includes any Claims based on the actions, omissions, or negligence of Montecito Heights Health Club its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after

participation in our classes and programs.

I have read the conditions and stipulations of working out safely, and agree to adhere to the conditions and

stipulations of this waiver.