



Coronavirus Awareness and Preparedness

Your health and safety is our top priority. We'd like to make you aware of some of the measures we're taking, and provide some of what you can do to keep yourself and our community healthy.

WHAT WE'RE DOING

- We are closely monitoring the advice and recommendations of the Centers for Disease Control (CDC) and the World Health Organization (WHO)
- We have provided all coaches with specific preventive measures recommended by the CDC, including wearing gloves and masks during each training session.
- We have increased the frequency of our cleaning practices for equipment and all other surface areas
- We are taking client temperatures with a touchless thermometer. Anyone with a temperature at 99.5 degrees or higher will be asked to leave the facility immediately until their temperature comes down.
- Implementing heightened sanitation and handwashing procedures for all employees

HOW YOU CAN HELP

- During peak hours, clients will be asked to wear face coverings over their nose and mouth while exercising (exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)
- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid contact with people who are sick
- Clean and disinfect frequently touched surfaces, like phones and computers
- Cover your mouth with a tissue or flexed elbow when coughing or sneezing
- Put distance between yourself and other people
- Stay home when you are sick. Please let MFC staff know if you aren't feeling well or have had contact with someone with COVID-19.
- Wait outside for your athlete until their session is over. We want to reduce the amount of foot traffic inside our facility.

We appreciate your confidence and trust in MFC Sports Performance, as we make health and sanitation a priority during this time.

Thank you and stay well!

~ MFC