



Due to the 2019-2020 outbreak of the novel Coronavirus (COVID-19), FFLM (Fit for Life Ministries) is taking extra precautions with the care of every Members to include health history review and enhanced sanitation/ disinfecting procedures in compliance with CDC guidance.

Symptoms of COVID-19 include:

- Fever
- Fatigue
- Dry Cough
- Difficulty Breathing

I agree to the following:

- I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced the symptoms listed above within the last 14 days.
- I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the past 30 days.
- I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 within the past 30 days.
- I affirm that I, as well as all household members, have not traveled outside of the country or to any city considered to be a “hot spot” for COVID-19 infections within the past 30-days.
- I understand that FFLM cannot be held liable for any exposure to the COVID-19 virus caused by misinformation on this form or the health history provided by each client. FFLM is following these enhanced procedures to prevent the spread of COVID-19:
 - making sure everyone follows safe Social Distancing 6 ft or more (entering, leaving, exercising)
 - Wearing mask when entering and leaving HPC Ministry Building and Gym, (not while exercising)
 - Taking temperatures prior to entering gym, washing hands, not touching computers, not signing in with pen
 - All members are bringing their own tools to work with, that are sanitized from home, and towel for chair or wipes to disinfect.
 - The Instructor/Director will evaluate each member when they arrive