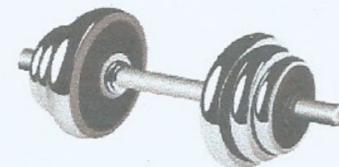




Jon Cruz
PERSONAL TRAINING
(JC:PT) HEALTH & FITNESS



**BUSINESS OPERATING PROCESSES AND PROCEDURES
AGAINST COVID 19**

The Jon Cruz Personal Training Studio is only available for 1 to 1 and 1 to 2 training. Therefore physical distancing is easily achieved in our facility.

Please note that apart from myself, there is no other member of staff.

Our clients are always encouraged to bring their own towels and filled water bottles, and more so now, in order to minimise the need to touch other surfaces.

I also encourage them to bring their own hand sanitising gels, but in case forgotten, I do provide plenty of this type of cleansing gel, for our clients to use on entry to the studio and frequently in between sets of exercises.

Unlike commercial gyms where its members would normally attend unannounced, in our studio, clients can only attend with prior appointment.

In between sessions i maintain contact with clients via whatsapp, so if a client would be unwell with any covid symptoms like fever, sneezing, coughing or aches and pains the upcoming training appointment is cancelled beforehand.

Clients already come ready to train so there is no need to get changed in our facility. Likewise, when session is completed they do not get changed but leave.

Our clients already pay by online transfer, so there never is any cash transaction and as a result there is no chance of any viral transfer.

We acknowledge the recommendations made by Public Health regarding the use of masks during the actual sessions.

I do use the right type of disinfectant, which kills germs and bacteria whilst not ruining our training equipment which we have heavily invested on for many years.