



1565 Lauzon Rd. Unit #2, Windsor, ON, N8S3N4 | 519-987-3482 | centralmma.com

COVID-19 GUIDELINES

Proof of vaccination or valid exemption is required for anyone 12 years or older entering the facility for training purposes, as per [O. Reg. 364/20](#). Vaccination is one of the most effective ways to protect our community against COVID-19. We encourage everyone to get vaccinated.

- Do not enter the facility if you have a compromised immune system.
- Do not enter the facility if you have travelled outside of Canada within the last 10 days.
- Do not enter the facility if you experienced any cold or flu symptoms within the last 10 days.
- Do not enter the facility if you had close contact with someone that has demonstrated cold or flu symptoms within the last 10 days.

POLICIES

- Members only. Walk-ins, guests, visitors and spectators are not allowed at this time.
- All members must verify their forehead temperature is normal upon entering the facility.
- Masks must be worn when entering and leaving the facility, and in all non-workout areas.
- Place your mask in your coat pocket or equipment bag when not in use, sanitize your hands.
- Members must provide their own training gloves and personal equipment.
- All adult members must spray and wipe down any equipment they use.
- Members should always use their own reusable drinking container.

FACILITY MODIFICATIONS

- We have automated ventilation systems to remove indoor air and bring in fresh outside air.
- We have automated humidity control systems to maintain ideal respiratory conditions.
- We have scheduled cleaning and ventilation intervals before and after every class.
- We have installed washable and waterproof wall surfaces in all high traffic areas.
- We have installed smart technology to eliminate all unnecessary contact points.
- We have installed on-site laundry facilities to sanitize all cleaning supplies daily.
- We have made disposable masks and nitrile gloves available.
- We have installed additional hand-sanitizer stations.

Your health is our top priority. We have made every effort to create the safest environment. Read our detailed [Covid-19 Safety Plan](#). Thank you, we appreciate your support.