



# ENTRANCE CHECK LIST

## GYM SPORTQUEST

1. Are you here to repair or bring stuff? Yes, drop it or follow step 6, skip 7 & 8
2. Are you a kids/junior member (<18)? Yes, follow step 5, skip 7
3. Do you want to become a member or obtain more info? Contact us to make an appointment and ring the bell if you have one and follow step 6
4. Do you have an appointment with our (para)medical staff? Yes, follow step 6, skip 7 & 8
5. Members have made a reservation at open spots in time slots made by our staff -24 hours in advance, time slots with zero reservations can be deleted -4 hours before starting time
6. Check the health questions
  - a. Don't enter our gym with 1 or more of the following...
    - i. ...Fever (above 38°C), Chills, Coughs, Difficulty Breathing, Loss of Sense of Smell or Taste, Sore Throat, Loss of Appatite, Headache, Body Aches, Extreme Fatigue or Tiredness, Nausea or Vomiting, Diarrhea
    - ii. ...When co-inhabatants have COVID-19 or when you tested positive without syptoms, keep the recommended time in quarantaine and contact your health caretakers
7. The owner of the gym (Tom Bruijnen) is permitted to scan your QR Covid clearance code, please comply
8. Login at the desk to register your attendance at your reserved spot at the time slot and follow our Code of Conduct esp.....
9. Clean or change your shoes before entering the gym
10. Try to keep a distance of 1.5 meter as much as possible
11. Don't hug, shake hands in the gym
12. Clean your hands and follow-up during training & after visiting a toilet
13. Clean any used materials and store it back to where it belongs

Thanks for your cooperation - keep healthy, fit & strong! Team Sportquest