



Health & Wellness Client Code of Conduct during COVID-19 pandemic

According to the CDC, COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19. Those at high-risk for severe illness from COVID-19 include:

- Ages 65+ years
- With diabetes
- With liver disease
- Severe obesity (BMI of 40+)
- People who are immunocompromised
- Live in a nursing home/long-term care facility
- With chronic lung disease, moderate to severe asthma
- Have serious heart conditions
- With chronic kidney disease undergoing dialysis

Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications

Turnstone staff encourage clients to **assess your risks and consult your physician with any questions or concerns** about returning to your normal activities including fitness, track and/or the pool at Turnstone.

Turnstone clients must acknowledge their awareness and understanding of the Health & Wellness Client Code of Conduct during COVID-19 pandemic.

As a client of Turnstone, by attending and exercising in fitness, pool or on the track, I am agreeing that:

- 1) I have not knowingly been in close/direct contact (within 6 ft for a prolonged period of time) to anyone with Covid-19.
- 2) I have **not had a fever** (100.4°F or higher) in the last 3 days (72 hours) without the use of fever-reducing medications.
- 3) If I have a positive diagnosis of Covid-19, I will report as soon as possible to Michelle Kimpel, Director of Wellness and Adaptive Sports, at 483-2100 Ext. 283 or michelle@turnstone.org
- 4) I have not experienced the **following symptoms within the past 14 days**: shortness of breath / difficulty breathing, fatigue, headache, new loss of taste/smell, congestion/runny nose, sore throat, nausea/vomiting, diarrhea, dry coughing, or sneezing (not associated with allergies).
- 5) If I have **travelled** outside of the United States in the last 4 weeks, I will report the location and duration to fitness staff.
- 6) I have a **personal face covering/mask** to cover mouth and nose and will bring it with me while at Turnstone.
- 7) I am encouraged to practice **good handwashing techniques** (for at least 20 seconds especially after being in a public place, or after blowing my nose, coughing, or sneezing) by using available sinks and soap throughout the building.
- 8) I understand that **hand sanitizer** is available throughout the building, and I am encouraged to use it if soap and water are not readily available.
- 9) I will maintain **at least six (6) feet (about two arm lengths)** between myself and any other person who is not part of my immediate household.
- 10) I am aware of and will follow all guidance from Turnstone staff regarding use of the facility and available equipment.
- 11) I am aware that I can only attend by appointment and must leave by a certain time to allow Turnstone staff the time to properly follow enhanced cleaning and disinfecting procedures.

Client Name: _____ Date: _____