



To our Velocity Community:

The Velocity Team wanted to address the growing concern over the Coronavirus (COVID-19). The health and safety of our members is paramount and we will continue our commitment to providing a clean and safe environment at our locations. We are keeping up with the daily updates from the CDC, federal government, and local health authorities.

In addition to our regular cleaning and decontaminating, we are implementing some temporary rules with regard to our Velocity PSR training. Our trainers will be eliminating any partner assisted exercises from the programs and limiting use of shared equipment whenever possible. We are discouraging any unnecessary person-to-person contact, such as high-fives, fist bumps, and the like. Hand sanitizer, disinfectants and antibacterial soap will continue to be readily available for all clients to use.

Furthermore, we are restricting the Freehold facility to athletes, coaches, and essential personnel only in an attempt to limit exposure. We ask that parents, siblings, and others refrain from entering the facility unless an emergency.

The CDC lists the most common symptoms of the Coronavirus (COVID-19) to be fever, shortness of breath, or cough. **If you are experiencing any of these symptoms, we ask that you please not enter the facility and call your physician.**

In the most recent statement issued by the federal government, the following points were underscored:

- Be extra vigilant about washing hands for at least 20 seconds
- Clean often-used surfaces (i.e. cell phones, keys, etc)
- Cover your face and mouth when sneezing or coughing
- Refrain from touching your eyes, nose, or mouth
- Most importantly, if you are sick or not feeling well, stay home.

With your help, we can all continue to stay healthy and as a community prevent COVID-19 from spreading. If you have any questions or concerns, do not hesitate to voice them. Thank you in advance for your understanding as we do our best to ensure a safe and healthy experience for our clients.