

METASPORT COACHING COVID-19 MEASURES

To ensure we comply with government social distancing measures we will be:

- Limiting the number of attendees at each session
- Breaking up into groups of 5 maximum
- Staggering the training start times
- Requiring all members to register their attendance for a session in advance through the GymMaster app

In addition, we will enforce the following measures at each session:

- Signing in and out
- Temperature will be taken on arrival
- Masks are compulsory before and after training (it is not required while training)
- Congregations limited to a maximum 5 people
- Leave the venue once you have finished your training (no socialising)
- Always stay 2 meters apart

As per government guidelines please respect the following rules:

- If you have a fever or feel unwell, please stay home
- If anyone in your household has a fever or feels unwell, please stay home
- If you have come into contact with someone who has tested positive for COVID-19, please stay at home and get tested

Thank you for your understanding in these times of change. We anticipate that the situation will continue to evolve. We will adapt our training programme accordingly to ensure we continue to deliver high-quality training sessions while adhering to the Singapore government regulations.

Meanwhile, we will need your best cooperation to strictly follow the guidelines.