



## Quad City, AZ COVID FAQ

### **Are your Prescott and Prescott Valley locations open?**

Yes, all 3 of our Quad City locations are open!

### **Are all amenities available?**

Yes, all amenities are currently available. We encourage members and guests to bring their own water bottle and workout towel when possible. Lockers, showers, drinking fountains, tanning, guest privileges, keycard access, and limited size Group Fitness classes are available.

### **Are face coverings required?**

Per the Governor's announcement, face coverings are no longer required while inside our facilities. They are recommended by AZDHS and the CDC unless actively engaged in a workout.

### **Who should not visit the facility?**

If you have any of the following symptoms that are not caused by another condition, you should not enter the facility: Fever (100.5 or higher), nausea or vomiting, new loss of taste or smell, fatigue, muscle or body aches, congestion or runny nose, headache, sore throat, or diarrhea. Self-symptom screening is required prior to entering the facility. Additionally, if you have tested positive for COVID-19 or have been in close proximity of someone who has tested positive, you are not permitted to enter the facility until you have completed your mandatory quarantine period and are released by your Health Care Professional.

### **What are your social distancing guidelines?**

To maintain the required 6 ft distancing, some machines have been moved or temporarily placed out of order. We ask that all members, guests, and staff maintain proper distance at all times.

### **What are your sanitation guidelines?**

FF10 staff are dedicated to cleaning all areas of the facility throughout their shifts. Members will also be required to wipe down all equipment and lockers before and after each use. Disinfectant and hand sanitizer are available throughout the facility.

### **What can I do to help keep the gym safe?**

- Stay home if you're sick.
- Observe all social distancing guidelines.
- Disinfect the equipment you are using before and after use.
- Wear a face covering when possible.
- Download and use our free FF10 app for contactless check-in.

- Wash your hands for at least 20 seconds with soap and water or use hand sanitizer before using equipment.

**May I freeze my membership?**

Yes, you may request a freeze extension by emailing a request to the address listed below 3-days prior to your billing date – Admin Fees will not be frozen. All freeze extensions require a reply from FF10 for verification. If you do not receive a reply, please double-check the email address.

Prescott (Ranch Dr): [feedbackp1@ff10gym.com](mailto:feedbackp1@ff10gym.com)

Prescott (Whipple): [feedbackp2@ff10gym.com](mailto:feedbackp2@ff10gym.com)

Prescott Valley: [feedbackpv@ff10gym.com](mailto:feedbackpv@ff10gym.com)

**I have additional questions. Who should I contact?**

Please contact the General Manager at your home club.

Prescott: Paige 928-445-8866 [feedbackp1@ff10gym.com](mailto:feedbackp1@ff10gym.com)

Prescott Valley: Carri 928-772-7359 [feedbackpv@ff10gym.com](mailto:feedbackpv@ff10gym.com)

Downtown Prescott: Carri 928-772-7359 [feedbackp2@ff10gym.com](mailto:feedbackp2@ff10gym.com)