



Safety measures Covid – 19

Please take note of the safety measures in place so that you can come and enjoy a RowFit class with a calm and confident mind

Stay at home if you experience symptoms

Are you feeling ill or experiencing symptoms of illness? Stay at home, take the coronavirus check or call your doctor.

**ALL CLASSES WILL BE OUTDOORS – MAX 4 PARTICIPANTS.
NO USE OF THE INDOOR FACILITIES**

Keep your distance

We will limit the number of people per class in order to respect a safe distance between the rowers and we will not share the rowers.

Sadly, let's avoid shaking hands or high fives.

Logistics

Arrive 5 or 10 min before the class; you will carry your rower from the rowing – club to the area just outside.

Mask

We must all wear a mask when we take the rowers outside and back inside.

Cancellation

For outdoors classes: In case of bad weather the class will automatically be moved indoor (where possible) or the class will be cancelled and you will be refunded your RowFit credit in your account.

**THANK YOU FOR YOUR COLLABORATION.
LOOKING FORWARD TO TRAINING WITH YOU
SOON!**