



TILT is committed to the health and safety of all our members!


We will be requiring members to complete this brief self-assessment before entering the gym or joining class. When you arrive, you will be asked whether you have answered "Yes" to any of these questions. If so, you will not be permitted to enter the gym or join class. If you have answered no to ALL questions, you may proceed into the gym.

 **In the past 14 days have you experienced any of the following symptoms?**

Fever-Sore throat-Loss of taste or smell-Cough-Headache-Nausea/Vomitting/Diarrhea - Muscle aches-Chills-Shortness of breath


*If you have been diagnosed with COVID-19 or are a close contact, please refer to [MA COVID guidelines](#) for isolation and quarantine

Yes/No

 **In the last 14 days, have you been in close contact (less than 6 feet apart for 15 minutes or longer) with someone that has been diagnosed with either a confirmed or presumptive case of COVID-19?**

*close contact quarantine may vary. Please refer to MA COVID Guidelines.

Yes/No

 **Is your temperature above 99.5 degrees F/37.5 degrees C? TILT coaches will scan you with a non-contact thermometer when entering the gym.**

Yes/No

Have you received a COVID test and are still waiting for your results?

Yes/No

 **If you have you been diagnosed with a confirmed or presumptive case of COVID-19, you must complete your isolation period (per Massachusetts Guidelines) before coming back to the gym**

 **If you have travelled outside of Massachusetts, you must follow the [MA COVID travel guidelines](#) before re-entering the gym**