

Memo Date: May 25, 2021

To: Crater Fitness athletes and Pilates Fusion clients

From: Jennifer Mikkelson and Bridgette Mitchell

Crater Fitness and Pilates Fusion Services are offered in groups of 1-10 athletes. Everyone is welcome to join us indoors when you are comfortable. **The CDC has clarified that fully vaccinated people are safe to participate in indoor, high intensity exercise classes, without wearing a mask.**

Those who are unvaccinated should take preventive measures by wearing a mask and providing distance between others.

Crater Fitness and Pilates Fusion serve immune compromised individuals, with health/medical situations. It is appreciated that **we** take preventive measures, together, when they are exercising indoors among us.

Crater Fitness and Pilates Fusion encourages all athletes to continue to be mindful of their individual health and to stay home if they are feeling ill and to continue good hand washing before and after each workout.

Crater Fitness respects all personal decisions.



Listed below is additional recent CDC info about COVID-19.

“What We Are Still Learning

- We are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others, even if you do not have symptoms. Early data show that vaccines help keep people with no symptoms from spreading COVID-19.
- We are also still learning how long COVID-19 vaccines protect people.
- We are still learning how many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity).
- We are still learning how effective the vaccines are against new variants of the virus that causes COVID-19.” CDC

“It is important to consider your own personal situation and the risk to you, your family and your community before venturing out.” CDC

If you have questions, please communicate to us.

Thank you and take care! *Jennifer & Bridgette*