

# Professional Appearance & Hygiene Policy

Standards for Representing Kev's Gym at Client Sites

# Professional Appearance & Hygiene Policy

As a representative of Kev's Gym and a leader within **senior fitness, corporate wellness, and workplace environments**, instructors are expected to maintain a clean, polished, and professional appearance at all times.

1. 🧘 Wear professional fitness attire that is appropriate for senior living communities, corporate offices, and workplace wellness settings.
2. 🚫 Avoid clothing that is overly tight, revealing, cropped, low-cut, or otherwise inappropriate for a professional or multi-generational environment.
3. 👟 Wear clean, safe, non-slip athletic footwear (if applicable to class format)
4. 🧼 Maintain strong personal hygiene, including clean clothing and overall neat presentation
5. 🚫 Avoid excessive fragrances, as many seniors are sensitive to strong scents
6. 🧑‍🦱 Keep hair secured and styled in a way that is safe and professional during movement

Kev's Gym partners with retirement communities, assisted living facilities, healthcare environments, corporate offices, and workplace wellness programs. Instructors must present themselves in a manner that reflects professionalism, respect, and credibility across all client locations.

Our clients deserve instructors who not only lead safe and engaging classes—but who also model professionalism, confidence, and care in their appearance.

