

Indoor Protocol Class and Personal Training

Health Protocols:

Members will self-screen before attending any class or gym activity and if you have any of the following symptoms or exposure you will not attend a class and recommend you be screened by a medical professional if have symptoms:

- Cough, shortness of breath or difficulty breathing, chills, headache, sore throat, loss of taste or smell, feverish feeling or a measured temperature greater than or equal to 100.4 degrees.
- If you have been exposed to, been in close contact with a COVID-19 person and/or tested positive yourself, complete full isolation procedures and be re-tested BEFORE returning to the gym
- Exposure to Large Gatherings:
 - Members who attend a large gathering or have been exposed to someone who attended a large gathering are highly encouraged to follow CDC guidelines and are advised to self-quarantine for 14 days to mitigate exposure to our member community. You can participate in outdoor classes.
- Traveling to a State with escalating cases and considered high risk you will quarantine yourself for 14 days before coming into the gym. You can participate in outdoor classes.

Follow basic CDC Guidelines every day

1. Wash your hands with soap and water frequently and for at least 20 seconds.
2. Use a tissue or if unavailable your elbow to cover your mouth and nose while coughing or sneezing.
3. Keep 6' distance with all people.
4. When in public, wear a cloth face covering over your nose and mouth.
5. If you are sick, stay home.
6. Do not touch your eyes, nose, or mouth with unwashed hands.
7. Clean and disinfect frequently touched objects and surfaces.

Before Class/Session:

- Reserve all classes through Zen Planner, classes are limited to 10 people.
 - [How to reserve classes on Zen Planner](#)
 - Reservations will open 24 hours before scheduled class time.
 - Waitlist will be provided.
 - If you can not attend a class, **make sure** to remove yourself from the list so others may register
- Upon arrival **check yourself in** via your ZP app. The entrance ipad will no longer be used.
- Members will not enter the gym more than 10 minutes prior to the scheduled start of any class. You can wait outside maintaining 6' distancing.

- Dogs are permitted to enter the gym but must be on leash and secure to an item out of the way of the designated workout areas.
- Children, one child per class may be in the gym but they must stay seated at all times on the couch. They may not use the office. Multiple children are permitted to sit outside as long as they maintain 6' distancing.

Gym Entry:

All members and visitors must go through the following procedures when entering the gym:

- Enter through the main entrance, double doors.
- Wear appropriate cloth masks when entering and exiting the gym and when interacting with coaches and other members. If you forgot a mask, do not worry we have extra!
- Temperature Check
 - The coach will take your temperature upon arrival, if it is equal to or greater than 100.4 degrees, you will not be permitted inside the gym and will be asked to leave immediately. Any member showing obvious signs of illness may be asked to leave by the coach.
- Only bring into the gym what you need.
 - Place items in the cubbies.
- After you place your items in a cubby, wash or sanitize your hands and go to a designated workout area.
 - We have 6 hand sanitizer stations around the gym and each designated area has a bottle.
- Maintain 6' distancing while in the gym.
- Members are strongly encouraged to limit the amount of physical contact while in the gym.
 - If you use the bathrooms, wipe down what you touch with the provided rags and bottles. Limit 1 person in the bathroom at a time.
 - Showers are not available for use.
 - No personal items may be left in the gym.
 - The gym computer can not be used.
- Recommend bringing a towel and a full water bottle. The water fountain can be used since it is touch less.

During Class/Session :

- Classes will be an hour long with 45-50 minutes dedicated to working out. The remaining time will be allocated to cleaning up, sanitizing, and socializing, 6' apart!
- PT Sessions 30 to 60 minutes, will include time to clean up & sanitize.
- Each person will have a 12'X10' designated workout area.
- Mask
 - Must be worn at all times.
 - During a workout, as long as you are in your designated workout area you may remove your mask if you have a medical condition or if the intensity of the workout poses a bona fide safety risk.

- If you leave the workout designated area at any time your mask must be on.
- All equipment will be sanitized before you arrive.
- There will be no sharing of equipment.
- Members will select their equipment, if not already in your box, only when individually instructed to do so by the coach.

Post Class:

Cleaning & Sanitizing of Equipment

- After you complete the workout you will wipe down ***all that you touched*** with cleaning fluid followed by sanitizer.
 - All items will be provided in your area plus hand sanitizer.
 - Place used rag in designated bucket by exit doors.
- **Rowers & Bikes**
 - Watch this video on how to wipe down the rower - No need to tighten bolts & oil chain - we already did that!
 - <https://www.youtube.com/watch?v=WX7fZVVWHwA>
 - Then sanitize touch points and sweat drop points
- Cubby - If you used a cubby wipe down

Exiting the gym:

- Wash or sanitize your hands before you leave.