

Indoor Member Protocol

COVID PROTOCOLS

If you have any of the below symptoms do not enter the gym.

- 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 test COVID-19 positive.

- You will not return to the gym until you meet the CDC criteria to [discontinue home isolation](#) and have consulted with a healthcare provider.
- You are not required to provide a negative COVID-19 test result.
- You must share with PUSH511 the confirmation you received from the state or local jurisdiction as to when it is acceptable to end isolation and sign the [PUSH511 COVID-19 Release form](#).

If you have been exposed to a COVID-19 person.

- You must have a lab test completed with a negative result before returning to the gym.

Limit exposure to gatherings and contact with people outside of your bubble.

Exposure Guidelines:

- Follow the PUSH511 Testing procedures noted below if you do the following:
 - Travel by plane; or
 - Walk around your neighborhood, drive 10 minutes to 3+ hours. It really depends on what you do by exposing yourself to people outside your bubble.

Testing Procedures:

- Lab tests are more reliable than rapid tests and are required by PUSH511.
- If you traveled by plane or placed yourself in a higher risk situation, do not come into the gym until you have waited at least 5 days **then** have your first or second lab test completed.
- If after the 5 days, you have no symptoms and your latest lab test is negative you may return to the gym.

Maryland OUT-OF-STATE TRAVEL ADVISORY - With the holiday season approaching, the travel advisory issued by state health officials has been renewed and remains in effect. Under this advisory, Marylanders are *strongly advised* against traveling to states with positivity rates of 10% or higher. Anyone traveling from these states *should* get tested and self-quarantine while awaiting results. Marylanders *should avoid* non-essential travel of any kind outside of the region. [Read the travel advisory.](#)

The number one activity of those who have become infected with COVID-19 continues to be family gatherings, followed by house parties. [Read the Facts](#)

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 Arrive:

- Reserve a 1-hour time slot through Zen Planner, slots are limited to 11 people.
 - [How to reserve classes on Zen Planner](#)
 - Reservations will open 24 hours before scheduled time.
 - Waitlist will be provided.
 - If you can not attend, **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 next scheduled time slot. 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 Activity:

- You have 1-hour to workout with 45-50 minutes dedicated to physical activity. The remaining time will be allocated to stretching, cleaning up, and sanitizing.
- Each person will have a 12'X10' designated workout area.
- **MASKS WILL STAY ON:**
 - When you enter/exit the gym.
 - Anytime you are outside of your workout designated area.
 - During the warm-up, the workout brief and the cool down, even if you are in your workout designated area.
 - If you are working out on the pull up bar/wall for wall balls or handstand push ups and not 6' apart from someone.
 - As you move outside your designated workout area to run or move to the pull up bar or wall.
- **MASKS MAY BE OFF:**
 - When you are in your designated workout area during the strength or main workout if you have a medical condition or if the intensity of the workout poses a bona fide safety risk. This is per State & City Health guidelines.
- 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 Activity:

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
<https://www.youtube.com/watch?v=WX7fZVVWHwA>
- Then sanitize touch points and sweat drop points
- DO NOT SPRAY THE MONITORS, spray the rag then wipe.
- Cubby - If you used a cubby wipe down
- Wash or sanitize your hands before you leave.