# Phase 1 Reopening Procedure SOP

[***https://www.whitehouse.gov/openingamerica/#criteria***](https://www.whitehouse.gov/openingamerica/#criteria)

As we approach the prospect of re-opening our facilities after the coronavirus quarantine, the highest practices and standards must be implemented to ensure the health and safety of our members, staff and community. As fitness professionals, our passion and commitment is building the health and fitness of our community and our response to the Covid-19 epidemic reflects that commitment. Until such time as a viable vaccine and/or herd immunity is developed to the novel coronavirus, several factors become apparent as we reopen our doors:

● We will not be going back to a “business as usual” model

● We must be intentional and methodological in minimizing the risk and stopping the spread of the virus

● Fitness, health and wellness should be considered an essential service in the fight against this disease. It has been clear that there is an inordinate impact on vulnerable (unhealthy) populations

● The isolating effects of social distancing has shown us the value of the community and belonging members find in our facilities.

## CDC Guidelines for Individuals

*Continue to practice good hygiene:*

● Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.

○  [CDC Handwashing Guidelines](https://www.cdc.gov/handwashing/when-how-handwashing.html)

● Avoid touching your face.

● Sneeze or cough into a tissue, or the inside of your elbow.

● Disinfect frequently used items and surfaces as much as possible.

○  [CDC Facility Disinfecting Guidelines](https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html)

● Strongly consider using face coverings while in public, and particularly when using mass transit.

● ***PEOPLE WHO FEEL SICK SHOULD STAY AT HOME***

○ Do not go to school or work

○ Contact and follow advice from your medical provider

## CDC Guidelines for Employers

● Develop and implement appropriate policies in accordance with Federal, State, and local regulations and guidance, and informed by industry best practices regarding:

○ Social distancing and protective equipment

○ Temperature checks

○ Sanitation

○ Use and disinfection of common high traffic areas

○ Business travel

● Monitor workforce for inactive symptoms. Do not allow symptomatic people to physically return to work until cleared by a medical provider.

● ***Gyms can open if they adhere to strict physical distancing and sanitation guidelines***

## 3 Component Action Plan

# **1.** **Social Distancing:**

● Each class participant will have a designated training area to create appropriate and consistent physical distance, designated equipment to eliminate any physical interaction between participants and to eliminate the sharing of equipment for the duration of the training session.

○ Best practice is to designate an area 8’ X 8’ (64 sq/ft) for each member and limiting movement and interaction to that area.

● Adjusting class schedules to accommodate the number of participants in each class each day.

● Create a minimum of 15 minutes of transition time between classes/sessions to enforce extra equipment cleaning and to allow extra time for current participants to leave the location while the next group is arriving in order to minimize the number of congregated participants at any given time.

● Participants will not be allowed to mingle about and socialize before or after sessions to avoid unnecessary congregation.

● Exercise programming shall be modified to allow for the space, time, equipment and cleaning requirements laid out above and below.

○ Use of common/shared equipment, machines, weights and other workout devices should be minimized to the greatest extent possible.

○ Exercise and workout design should eliminate sharing of equipment.

○ Members should be provided a specific area (workout zone) and equipment for their exclusive use for the duration of their workout.

○ Workout duration should be adjusted to accommodate time before and after to disinfect the equipment.

● Separate entrance and exit points for members entering and exiting the facility to minimize human contact.

# **2.** **Sanitizing and Disinfecting:**

● Each designated workout zone will have appropriate disinfecting materials (wipes/spray) so that the member can disinfect prior to and after their sessions.

● Members will be trained in proper equipment disinfecting and reminded by the instructor before, during, and after each and every session.

● As a regular practice in the gym, members shall be encouraged to practice hygiene standards as defined by CDC guidelines.

● We will keep a strict cleaning and disinfecting protocol for common areas, restrooms, and other frequently touched surfaces and make that protocol available to the public upon request.

○  [CDC Guideline for Cleaning and Disinfecting the Facility](https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-building-facility.html)

# **3.** **Member and Trainer Considerations:**

● Members and trainers will be required to stay at home if they show any signs or symptoms of infection

○  [Symptoms of COVID-19 from the CDC](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

● Members should be contacted immediately if it becomes known that a member or trainer has tested positive for Covid-19.

● The facility shall keep a temporal thermometer available to check members and staff as they enter the facility. Those showing a high temperature will be asked to return to their home.

● Attendance tracking software (Wodify) shall be used to facilitate any necessary contract tracing.

● Members will be encouraged to wear masks.

○  [Use of cloth face coverings according to the CDC](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)