

OSF CURRENT MANDATORY PROTOCOLS:

* We are fortunate to be back home doing something we love and that brings so much positivity into our lives. Let us be sure to follow these STRICTLY and RESPECTFULLY to ensure we can remain open.

NOTE: MAX CAPACITY OF THE GYM AT THIS TIME IS 50% OCCUPANCY, WHICH HAPPENS TO BE 30 MEMBERS, GUESTS AND STAFF AT ONE TIME.

— THANK YOU

1. If you are sick, stay home.
2. Try to come to gym ready to workout and not dirty.
3. Bring workout shoes, do not track outside shoes inside gym area.
4. Use locker areas for proper storage, but keep items close to you like water bottles.
5. No food permitted in workout area.
6. Use front lobby hand sanitizer upon entering.
7. Couches and other gathering areas are NOT to be used for workout bags, coats or other personal items.
8. Be sure to wipe down all touch points and possible contaminated areas (reference hot maps located on each piece of equipment) IMMEDIATELY AFTER USE.
9. Spray into rag and then wipe surfaces. Do NOT wipe the surfaces dry, let the disinfectant sit wet for at least 30-60 seconds on surface.
10. Nooks and cranny areas are to be SPRAYED ONLY- they do not need wiped. Keep wet.
11. There will be several spray bottles throughout facility (4).- all trainers and staff will have OWN bottles. Single wipes may be available for quick grab for each member/guest to use at various Disinfecting stations around gym as well.
12. Trainers (staff) will be required to wear a mask while training a client (until further notice), but members are NOT required to wear one (have the option to if desired)
13. LIMIT TO ONE GUEST PER WEEK/MEMBER. NEW MEMBERS WELCOME. All members and guests will fill out Waiver upon entering OSF for first time with relation to COVID 19.
14. Members, clients and guests will be assessed upon entering by a staff member to ensure they are "fit" to workout.
15. Bathrooms will be cleaned using bleach/ disinfectant formula (rec by CDC) DAILY.

16. Floors will be cleaned DAILY using a bleach/disinfectant formula mix (rec by CDC).
17. Equipment will be wiped and cleaned by ALL members and staff using proper disinfectants and sanitizing products (located throughout facility)
18. The turf will be cleaned daily using special fabric cleaners (rec by CDC)
19. We have ongoing guidance with the Center for Infectious Disease Control and testing to provide data and cleaning techniques to ensure that we provide the safest and cleanest environment possible.
20. Shirts are to remain on. If you are one to sweat more than others, be aware of sweat droplets and proper clean up on floor and equipment.
21. Follow the tape on floor as guidelines for proper traffic flow from equipment to equipment.
22. Remain 6 feet apart and practice proper social distancing whenever possible.
23. If you need a spot for something, ensure you are receiving the spot from someone that has agreed. This is ONLY time social distancing not enforced.
24. Wipe off everything including weight plates, DB handles, barbells etc.
25. **All guests must check in with Frank or be approved by staff member. If you are found inside without authorization, you will be respectfully seen out as well as anyone who allowed you to come in. Just be respectful of our home and those inside it!**
26. All guests must sign waiver on iPad and provide needed info. Payments for guest fees are \$10. LIMIT TO ONE GUEST PER WEEK/per member.
27. If we run into capacity limits, we will respectfully ask people that have been in for over 90 min to start wrapping up workout to keep flow and letting new members workout. (We do not foresee this happening)
28. As of right now, we WILL BE OPEN 24hrs, HOWEVER, YOU must do our part if you're in during unstaffed times. There are cameras throughout gym to ensure this is policed appropriately.
29. If we are close to capacity, MEMBERS will ALWAYS get priority over guest.
30. There is absolutely no SPITTING or any other similar action inside trash bins, turf, or gym area.
31. DO NOT use the water fountain, we have an awesome Water filter system. Use that please.
32. Bathrooms and locker rooms are to be used appropriately. Hygiene products will be available in both.

33. There will be NO FAN use at this time. We will create air circulation when applicable using garage doors.

Recommended Items:

34. **Recommended that you bring your own spray bottle and/or rag to keep contact limited.** There will be no Z FOLD paper towels in gym area. For now, they will only be in bathrooms. Spray bottles will have rags with them.

35. Recommended that you bring your own yoga mats, bands, or other community based equipment if applicable. If not, please clean after use thoroughly.