

Transformance SOP

1. Six class sessions will be offered on Monday and Thursday. Each class will be limited to **14 participants** and all participants will be required to register through an online portal for each class to ensure the limit of 14 is not exceeded. The class a participant registers to attend must be the class they attend. No swapping will be permitted.
2. Participants must wear masks on campus at all times except when in the room(s) specifically designated for Transformance.
3. There will be **15 minutes** between each session for a sterilization of the room.
4. During the class, the doors will be open and fans will be running to provide additional ventilation in conjunction with the HVAC system.
5. Water fountains will be covered to prevent use. Each participant must bring their own water bottle for hydration.
6. Each participant must bring their own towel.
7. Disinfectant spray bottles and paper towels will be positioned at each station so the machines can be wiped down after each use. Mike will announce at the end of the exercise that it is now time to clean your equipment.
8. Hand sanitizer will be provided in the gym at all times and encourage handwashing before and after the workout.
9. Bathrooms will be available for emergency use only.
10. An email will be sent to all participants to instruct them of the rules and protocol in place for their safety.
11. At the end of the day Mike will clean equipment and disinfect all surfaces in the exercise facility.
12. Display COVID signs reminding clients of proper handwashing, cleanliness and sanitizing equipment after each use.
13. Participants will be asked if they have been exposed to COVID-19 or tested positive for COVID-19 or displayed symptoms. If so, they will be asked to wait 14 days before returning to Transformance.

The Classes will be at these times on Monday and Thursday:

6:45 AM-7:45 AM

8:00 AM-9:00 AM

9:15 AM-10:15 AM

3:30 PM-4:30 (Ages 18 and Under Only)

4:45 PM-5:45 PM

6:00 PM-7:00 PM