

PHASE 1

Procedures and guidelines for Re-Opening

We care about our employees and members
Thank you for adhering to the following Re-opening guidelines.

Please adhere to CDC guidelines and Best Hygiene practices.

- Washing your hands with soap and water for 20 seconds or use hand sanitizer
- Avoid touching your face
- Sneeze or cough into a tissue, or inside of your elbow
- Disinfect frequently touchpoints and surfaces you used
- Prohibit handshaking and other person to person contact in club
- Social distancing is the new norm so everyone MUST continue practicing social distancing of a 6 foot radius.
- Follow all guidelines given to us by the State

Access:

- All Members must Check-in/log in. Limited touchpoint interactions.
- Member access only. Members can not bring guests. New membership sales are accepted.
- All persons must sanitize upon entry
- Signs should be posted on facebook, instagram, website and on doors and at front desk. If you are sick go home, if you have a fever go home, if you have been out of the country go home, if you have been in contact with someone who is infected go home.
- Please adhere to all signage and updated COVID related best practices and procedures

General Safety Measures:

- All FitWorks staff are required to wear face coverings, except in unsanitary or unsafe conditions
- We recommend that members wear face coverings.
- All FitWorks Employee temperatures will be checked daily with Thermal Infrared non-contact thermometer guns prior to clocking in.
- We have provided disinfectant spray bottles throughout the club. Please wipe down your equipment to ensure safety and sanitation for your self and other members. Our staff will be supplementing this process by performing the same regularly throughout the day.
- Hand sanitizer stations are deployed throughout the club supplementing our disinfecting process.
- Members must conduct self-assessment and not enter the facility if they are exhibiting symptoms or have been exposed to persons with COVID19.
- We will not be accepting cash at the club for any transactions. Please use our card on file feature when possible.
- Water fountains will be disabled or covered. Only automatic bottle fillers will be allowed.
- Members should be dressed to workout. No gym bags allowed in club.
- We encourage members to bring their own mats, bands, equipment, etc We will be removing mats and certain supplemental equipment from the club.
- No socializing, congregating or extra-curricular activities in the club.

Signage:

- Again, Please adhere to all COVID related club signage

Playland will remain closed at this time. We will re-evaluate when to open our playlands at a later date. When we open it will be based on Responsible Restart Ohio protocols established by the state for child care facilities.

Smoothie Bar

- We will adhere to Responsible Restart Ohio protocols as established by the state for restaurants.
- Gloves and Face Coverings to be worn by employees at all times. New gloves for each smoothie made.
- Full juice bar disinfected every 30 minutes. All utensils sanitized after every smoothie made.
- Fruit and purees already stored in covered plastic containers. Nothing left open.

Group Fitness / Studios / Personal Training:

- Group Exercise social distancing as marked on floor at 6 foot radius markings.
- All classes should have equipment set up for members in advance by FitWorks staff, when feasible (i.e. variable weight sizes might need to be determined by member upon entry). After class leave equipment for staff to sanitize and put back.
- All equipment must be sanitized after use
- Class sizes will be reduced by 15 minutes or allow 15 minutes before the next class to clean, sanitize and set up before the next class.
- Please do not arrive more than 10 minutes before classes to help ensure compliance with our social distancing protocol.
- Cycling bikes are limited due to social distancing protocol.
- We might be limiting the use of fans in certain settings to reduce unnecessary airflow.

Main Gym Area:

- Physical distancing required:
 - Every member should adhere to our new social distancing protocol. Stay 6 feet away from other members and staff.
 - Equipment will have a 6 foot radius from any other equipment. Any equipment that does not meet this requirement has been powered down, removed or disabled (appropriate signage identifying such equipment)

Locker rooms

- All showers will be closed at this time.
- Locker areas will be shutdown as well
- Only restrooms and sinks remain open and available.
- Sauna and Steam rooms will be closed

Employee Sanitizing and Disinfecting:

- Our staff will be regularly disinfecting the club and equipment with Virex during all hours of operation
- Group exercise and training equipment will be sanitized after each class.
- Deep cleaning protocol will be performed daily.

PHASE 2

Lockers, Gym Bags, and Showers Protocol

Please adhere to CDC guidelines and Best Hygiene practices.

There will be new guidelines, which include:

1. Gym bags are to be stored in the lockers during your stay at the gym, they are to be removed when you leave the gym each day. Gym bags are not permitted in on workout floor while exercising.
2. Many lockers will be unavailable to allow for proper social distancing for compliance with State mandate.
3. Use a Sanitation bottle in the locker room to spray and wipe down your locker (inside and outside) before putting your bag in it.
4. Please wipe down the seating areas if available before you intend on using it to sit, set your bag, etc.
5. When leaving the locker-room, be sure to spray and wipe down the inside and outside of the locker you used, and the area where you sat or had placed any of your items.
6. Please return all used bottles to a designated area in the locker room.
7. Ensure you are using social distancing in the locker room areas, there is no congregating or lounging in the locker rooms permitted at this time.
8. Please be conscious of others by only using lockers if necessary, as there are a limited number available at this time.
9. If no lockers are available when you arrive, you will need to return your workout bag to your car as they will not be permitted on the workout floor.

Saunas

1. Saunas are still closed due to State mandate

Shower Usage

1. There will be new guidelines, which include:
2. Individual shower stalls will be opening with Phase 2, communal showers are still closed due to State mandate.
3. Please spray down shower stall handles and floor before using shower.
4. Shower sandals are recommended during shower
5. Please spray down shower stall handles and floor upon finishing your shower
6. Place spray bottle back in shower caddy upon finishing sanitizing
7. Please close shower curtain after finished
8. Employees will assist in shower sanitation and open curtains for re-usage