



CLASS RULES

Town Hall Edition

AltoirelliHealth.com for schedule
Classes @ Washington Town
Hall Auditorium

We are very proud to announce the reinstatement of our in-person classes starting October 2020. Thank you to Jim and the rest of the team at the Selectman's office for allowing us to utilize this space during these difficult times. This large space gives us the opportunity to safely conduct classes and maintain distancing.

PARTICIPATION RULES | SAFETY PRECAUTIONS

1. Wearing a mask

- **Building Better Bones:** Masks are always to be worn by all participants. The class is focused on technique and is not a cardiovascular strain.
- **Boot Camps & Active Body Basics:** Wear a mask while entering and exiting the building. Class sizes will be kept small to allow for appropriate distancing.
- **Posture:** Masks are always to be worn by all participants. This class requires close instruction by the trainers. The class is focused on technique and is not a cardiovascular strain.
- **Diabetes Workshop & ReThink | ReShape:** Wear a mask while entering and exiting the building. These are stationary education classes that will be spread out for safety. Classes require discussion.

2. Wash your hands before and after.

Both prior to the session and following the session participants are to wash their hands or make use of the available hand sanitizer. This will help protect both yourself and others.

3. Remain in the designated spaces.

The instructors will identify the appropriate spacing for each class. You must remain in the designated space.

4. Your temperature will be taken.

We will be taking the temperature of all participants prior to the session with a touchless thermometer.

5. Reservations are required.

Participants must schedule with our office to book their slot either online at altoirellihealth.com or by calling our office 860-868-7318. This is *both* a logistics *and* a safety requirement. Please understand that we will have to refuse entrance if you are not signed up prior to the class.

6. Bring your own water bottle.

We will not have water available on site so you must bring your own water bottle.

INSTRUCTOR SAFETY PRECAUTIONS

1. Instructors must wear a mask.

While in the building and leading the class, the instructors will be wearing a mask.

2. Wash their hands before and after.

Both prior to the session and following the session instructors will wash their hands or make use of hand sanitizer.

3. Wipe down the equipment.

Some classes make use of equipment or chairs. The equipment will be wiped down before and after classes.

4. Trainer temperatures.

As part of our organization's general safety precautions, temperatures of our employees, including the fitness instructors, are taken twice a day.



125 New Milford Tpk.
New Preston, CT 06777
www.AltoirelliHealth.com