

## **KNOCKOUT FIT CLUB COVID-19 PREPAREDNESS PLAN**

Knockout Fit Club is committed to providing a safe and healthy fitness studio for all of our instructors and clients. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Knockout Fit Club management and instructors are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our studio, and that requires full cooperation among the management, instructors and clients. Only through this cooperative effort can we establish and maintain the safety and health of our instructors, clients and the studio.

Our Plan follows CDC and Minnesota Department of Health Guidelines and Federal OSHA standards related to COVID-19 and addresses:

- Hygiene and respiratory etiquette
- Engineering and administrative controls for social distancing
- Housekeeping – cleaning, disinfection and decontamination
- Prompt identification and isolation of sick persons
- Communication and training that will be provided to all staff
- Management and supervision necessary to ensure effective implementation of the Plan

### **SCREENING PROCEDURES AND POLICIES FOR INSTRUCTORS AND CLIENTS EXHIBITING SIGNS AND SYMPTOMS OF COVID-19**

The following policies and procedures are being implemented to assess all studio participants health status prior to entering the studio.

All instructors are encouraged to self-monitor for signs and symptoms of COVID-19. Knockout Fit Club requires all instructors who are sick or exhibiting symptoms to notify the studio manager immediately and not come into the studio to teach.

All clients are encouraged to self-monitor for signs and symptoms of COVID-19. If clients are sick or experiencing any signs or symptoms of illness, they will be expected to stay home and not enter the studio.

Instructors will take each client's temperature via infrared thermometer during pre-class check in. If the client displays a temperature of 100.4° or more, they will not be allowed to participate in class and advised to consult their physician. Stay Safe Minnesota Health Screening Checklist will also be utilized during check-in.

Knockout Fit Club has instructor substitute and class cancellation policies that promote that all instructors stay at home when they are sick, when household members are sick or when required by a health care provider to isolate or quarantine themselves or a member of their household. Accommodations for instructors with underlying medical conditions or who have household members with underlying health conditions will be implemented.

If an instructor or client believes they have been exposed to someone that is exhibiting symptoms or have tested positive with COVID-19, they are required to notify management, self-quarantine for 14 days and must not enter the studio during this time.

Knockout Fit Club has a policy in place for informing instructors and clients if they have been exposed to a person with COVID-19 at the studio and advise them to quarantine for the required amount of time.

Clients who are returning from travel abroad or within the United States, especially in states that are experiencing high-rates of COVID-19 infections, are asked to self-quarantine for 14 days and avoid coming into the studio during that time, with an option to take our online classes.

Management will work with any exposed individual to clearly define the dates and times they were at the studio for 14 days prior and will notify any clients and instructors they may have come into contact with, so that each can monitor their health and self-report accordingly. Anyone who believes they could be infected, will also self-quarantine at home for 14 days.

No personal information will be given during notification to protect the privacy of the health status and health information of clients and instructors.

## **HAND WASHING AND HAND SANITIZING**

Basic infection prevention measures are being implemented at our studio at all times. All instructors are encouraged to wash their hands for at least 20 seconds with soap and water frequently throughout the day.

Proper hand washing techniques and reminders will be posted in bathrooms and common areas.

Instructors and clients will be required to wash hands or apply hand sanitizer after class check-in and prior to entering studio workout area. Hand sanitizer will be made available for student and instructor use before and after class.

## **RESPIRATORY ETIQUETTE:**

Masks will be required by instructors and clients at all times while in the lobby, front desk/check-in area, bathrooms, changing rooms as well as in the workout area pre- and post class.

Instructors and clients are being reminded to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and avoid touching their faces, in particular their mouth, nose and eyes with their hands. Tissues will be disposed in the trash and wash or sanitize hands immediately afterward.

## **SOCIAL DISTANCING**

Social distancing is being implemented throughout the studio. Social distancing will be practiced to the best of our ability while in the studio as to ensure the safety of our instructors and clients.

Social distancing is being implemented in the studio as follows:

Front desk and check-in area will have a plexiglass partition to separate instructors and clients when 6 feet of distance cannot be maintained during pre-class/check-in interactions.

Seating in lobby area will be spaced 6 or more feet apart to allow for social distancing when clients are preparing for class.

Clients will be encouraged to maintain social distancing when stowing personal items and entering workout floor space.

Class sizes will be limited to no more than 10 per class to allow a distance of 6 or more feet between all participants and the instructor.

The studio will have marked stations in the workout area for each student and the instructor so social distancing can be maintained throughout the class.

Instructors will practice no-contact instruction at all times during class.

Classes will be scheduled so there will be no client overlap and ensure 10 or less people in the studio at all times.

Clients will not be allowed to linger in the studio after class but encouraged to socialize outside the studio with proper distance on the sidewalk or parking lot as community is important.

Knockout Fit Club will provide online class options for clients who are not able to come to the studio for any reason.

## **HOUSEKEEPING**

We will schedule a minimum of 30 minutes between classes to allow adequate time for cleaning and disinfecting of surfaces and equipment.

Disinfectant wipes or spray will be used on stereo knobs and the microphone (if used) as well as control knobs for ceiling fans and light switches.

Regular housekeeping practices are being implemented including routine cleaning and disinfecting of work surfaces, equipment, restrooms and other areas in the studio. Frequent cleaning and disinfecting will be conducted in high touch areas, keyboards, touch screens, controls and door handles.

Instructors are expected to spray a pre-diluted mixture of PSQ\* disinfectant on all equipment used during class and allow equipment to sit for a minimum of 10 minutes before reuse.

Students and instructors will be required to bring their own mat. Disinfectant wipes will be provided for instructor use for personal mats that remain at the studio. Students will be required to take mats home and disinfect off premise.

Public drinking fountain will not be available for use.

## **COMMUNICATIONS AND TRAINING**

This Preparedness Plan was communicated to all instructors on June 26, 2020 via e-mail and private Facebook message. This plan will be communicated to clients via Knockout social media platforms as well as e-mail on June 26, 2020. Management and instructors will monitor how effective the program has been and make necessary adjustments as the situation requires.

## Resources

### HOW TO PREVENT GETTING SICK

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

### HAND WASHING

<https://www.cdc.gov/handwashing/index.html>

### RESPIRATORY ETIQUETTE: COVER YOUR COUGH OR SNEEZE

SOCIAL DISTANCING <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.htm>

HOUSEKEEPING <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

\*PSQ (EPA #10324-166) on EPA approved list for use against SARS-CoV-2

### SELF-CHECK: SYMPTOMS AND TESTING

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html>

IF YOU ARE SICK OR TAKING CARE OF SOMEONE WHO IS SICK <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> <https://www.health.state.mn.us/diseases/coronavirus/prevention.html> [https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html) \

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