



Warrior Goddess Fitness

Studio Client Safety Protocol

Updated: 7-10-2020

Warrior Goddess Fitness is committed to providing a safe workspace for our team and clients. With that in mind, we've built this Studio Safety Protocol due to the Covid-19 pandemic. As our business re-opens to the public, we want to ensure not only the safety of our clients but the safety of the greater community that every person entering our studio will come into contact with. Every client is expected to take part in implementing and complying with these measures.

Our clients are the core of our business and we're incredibly serious about protecting the health of each and every one of them. We have built our Studio Safety Protocol with experts including concerns our team has brought before us so that they may feel completely comfortable working out and practicing in our studio.

Our Studio Safety Protocol follows the CDC, state, and local health guidelines and HIPAA in relation to Covid-19.

The Studio Safety Protocol includes:

- Health Protocol
- Hygiene Protocol
- Sanitation Protocol:
- Social Distancing Protocol
- Waiver

Health Protocol:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills



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- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

All clients should self-monitor for these symptoms. If you have any of these symptoms, immediately contact the studio manager at 201-246-6531.

The following procedures are being implemented to ensure that healthy clients are entering the studio and so that clients may report when they are ill or experiencing symptoms.

Before entering the studio for their first class or session, clients will be required to sign a Studio Safety Protocol Plan.

* Everyone must adhere to the state of New Jersey's recommendation of wearing a face mask, face buff, scarf, and bandanna when outside the home. Additionally, this studio requires the use of gloves and/or socks. Socks, gloves and masks are available for purchase in the studio.

* All clients shall enter through a single point of entry where a mandatory temperature check will be given. Temperature checks will be provided by a team member wearing gloves and a mask. Upon confirmation of a temperature less than 100.4 degrees (per CDC recommendation) or 99.5 degrees (at our discretion), a team member will log that they have checked your temperature, but will not record your temperature. If your temperature is above set standard temperature we will cancel your session with no penalties. See below for standards of when you may return to the studio.

You must also sign an updated Waiver that includes language on Covid-19.

- If a client shows any symptoms of Covid-19 or tests positive for Covid-19 within 14 days of attending the studio, the client should immediately contact the studio manager.
- The studio manager will review whom the client has had contact with at the studio in the prior 14 days leading up to going into isolation from the studio. This will include all clients and team members that the team member has had close contact with (close contact being within 6 feet for at least 5 minutes) as well as what areas of the studio and equipment the team member had touched or been in.



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- If you have been in close contact (per the above definition) with an affected client who tests positive for Covid-19 within their isolation period, you will be notified via email and phone call. Per the CDC guidelines, remain in isolation for 14 days and self-monitor for symptoms. Seek medical attention should you develop any symptoms.
- We are implementing policies to protect all team members' and client's health details and conditions. When notifying people who have had close contact with an affected team member, the identity and condition of the client will not be shared.
- All clients who show symptoms may not re-enter the studio until at least 72 hours have passed since the resolution of fever without the use of fever-reducing medications, and improvement in respiratory symptoms such as shortness of breath or cough, and at least 7 days have passed since symptoms began.
- All clients should practice social distancing by deliberately increasing the physical space between you and other people to at least six feet wherever possible.

Hygiene Protocol:

All clients must implement good hygiene and infection control practices. These include:

- Frequently wash hands: Clients are instructed to wash their hands for at least 20 seconds with soap and water at the beginning of their session and after using the restroom.
- Avoid touching your face.
- Use respiratory etiquette: Cover your mouth and nose when coughing and sneezing with a sleeve or tissue. Wash your hands following coughing and sneezing and dispose of tissues in the trash. Avoid touching your face when coughing and sneezing. This etiquette will be demonstrated on signage and supported by making tissues and touch-free trash receptacles available to all employees and clients. * Studio will provide hand sanitizer stations throughout the studio to further assist in this.
- Staff will not handle clients' belongings including phones and personal equipment.

Sanitation Protocol:

Our studio will provide daily sanitation and housekeeping as normal, with additional cleanings and disinfection measures in between all sessions.

- The studio will no longer provide mats for clients to rent or borrow. Clients may purchase an inexpensive mat at the time of session, but may not leave this mat at the studio.



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- The studio will have small equipment bundles **Warrior Goddess Fit Kit** for sale or rent during this time of increased sanitation.
- Certain small equipment, such as blankets and towels, will not be available for use.
- If a worker is diagnosed with Covid-19, the studio will be shut down for 48 hours and a complete deep clean of the entire space will be performed.
- Front lounge areas are temporarily closed until further notice.
- Restrooms have been equipped with a hands free soap dispenser and paper towels. Restrooms should be wiped down following each use.
- In between each session, all equipment used will be disinfected. Each client will have 5 minutes following the end of the session to disinfect equipment. The studio will be closed for 30 minutes between sessions for thorough additional disinfecting. We have chosen cleaning products based on recommendations from the CDC and EPA. Products with EPA-approved emerging viral pathogens claims are expected to be effective against SARS-CoV-2 based on data for harder to kill viruses.

Social Distancing Protocol:

The studio will observe strict social distancing protocol to ensure close contact (contact of less than 6') is limited.

- Only clients who have pre-scheduled appointments or classes will be allowed to enter the facility.
- All people will enter through a single entrance, one at a time. The floor will be marked for individuals with a 6' distance between people.
- Check-in will be contactless.
- Cubbies are available. Spaces to wait for cubbies will be marked.
- Clients will enter the fitness room one at a time.
- Places for each client will be delineated by marked space. For example, the floor will be taped where each mat will be placed or where each client will workout.
- If equipment is needed for each client, that will be placed in advance by staff members at each space. That equipment will be left in the same place following the session to be collected and disinfected by a staff member.
- No hands-on cue will be used during the session. All cues will be verbal or visual. The instructor, teacher or trainer will maintain a 6' or greater distance from the client.
- When the session ends, a staff member will distribute cleaning supplies. Cleaning supplies will not be shared. The client will clean their equipment and leave one at a time from the studio.



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- Communal spaces for team members and clients are temporarily closed until further notice.
- All people should practice social distancing by deliberately increasing the space between people to greater than 6'.

Late Cancellations, Freezes, Cancellations, Payments and Refunds:

In light of Covid-19 all packages, sessions, and memberships, we are updating our late cancellations, freezes, cancellations, payments and refunds.

Late Cancellations:

Late cancellations fees for illness or exposure to Covid-19 are officially waived. If more than one late cancellation occurs, the studio may request emailed documentation to confirm the reason for late cancellation. Please note: If you show any signs or symptoms of Covid-19, please review the Client Section for when you can schedule your next session.

Freeze:

All packages, sessions and memberships may be frozen for up to 14 days if a client is ill, diagnosed or has been exposed to Covid-19 or up until at least 72 hours have passed since the resolution of fever without the use of fever-reducing medications, and improvement in respiratory symptoms such as shortness of breath or cough, and at least 7 days have passed since symptoms began.. There is no fee for this freeze.

Cancellations:

Standard cancellation policies apply.

Refunds: No refunds will be provided for memberships, packages or classes. If a client is ill, diagnosed or has been exposed to Covid-19, the studio will extend the expiration date of a class package up to 14 days. This may be extended based on the individual client's situation. If a client is ill, diagnosed or has been exposed to Covid-19, the studio will allow for a freeze of up to 14 days. This may be extended based on the individual client's situation. There are no refunds for individual sessions. There are no refunds for used sessions.

Waiver:

As of this time all of our waivers of liability have been updated to include infectious disease within them. We will provide you an updated copy of the waiver to sign.



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Communication Plan

This plan is being communicated to clients and team members through our Studio Safety Protocol Plans, interior club signage, and our Studio Safety Protocol Manual. Additional communication and training may be updated over email, phone calls, or updates to our manual.

To acknowledge receipt and understanding of this plan, employees will be required to sign a current copy of this document upon their return to their workplace.

Acknowledgement

I acknowledge I have received a copy of the COVID-19 Studio Safety Protocol Plan. I will read and follow all policies and procedures contained within the plan.

Date: _____ Printed Name: _____ Signed: _____