

# Drop Fitness Operating Protocols Post COVID

Updated 7/23/2020

## Registering For Class

Due to the reduced work out space at the facility it is now required that all members register for a class using the Rhino Fit application on their phones or through the website prior to each class. Each class will be capped at a maximum number of members to adhere to allow for social distancing.

## Entering Protocols

Members will wait outside along wall or in vehicle before class starts. Even if the roll up door is open, members should only enter through the front door. Coach will be the only person to open the gym door. Once open, each member will have the bottom of their shoes sprayed with 1 to 100 bleach solution and given hand sanitizer before being permitted to enter the facility.

Once in facility members should put their personal belongings in a cubby and make their way to an open work out space designated on the ground by blue tape. Work out spaces shall be no closer than 6 feet to allow proper social distancing.

Members will be required to bring a full size towel with them to each workout to place on the ground in an attempt to limit the amount of bodily fluids others are exposed to.

Members will be briefed on daily workout and be allowed to grab equipment in a manner that accommodates social distancing recommendations.

Members will also be advised to not share equipment with each other and wipe down equipment at the end of the workout with provided cleaning solution. Members should not clean another members equipment after a workout.

Members should wipe down equipment with cleaning solution and leave equipment in workout space. Coach will dismiss class, members should exit through roll up door if open or through front door after coach opens it.

Once everyone has exited the facility the Coach will conduct a thorough cleaning of all equipment and return to its proper place for storage, followed by complete cleaning of facility as per Post Class Cleaning Protocols. The floors will be mopped in between EACH class utilizing a combination of a cleaning solution as well as a bleach and water mist solution.

## **Post Class Cleaning Protocol**

Once all members have left the facility remediation will begin cleaning protocols.

Floors will be sprayed with a 1 to 100 dilution of bleach to water ratio. Door handles, railings and countertops will be wiped down with rag and disinfectant solution between every class session.

Once entire location has been sanitized, the coach will open the door and allow the next class to enter after the proper entering protocols have been completed.

## **Restrooms**

Members should wipe down any surfaces they touched after every use of the restroom. Members should also wash their hands per CDC guidelines, lathering hands with soap and rinsing with water.

Restroom floor will be mopped with 1 to 100 bleach ratio recommended sanitizing and cleaning solutions after AM classes and then again after all PM classes; with a minimum of two cleaning per day. All surfaces will be wiped down and disinfected every evening by staff.

## **Reporting New Cases**

Drop Fitness requires members to notify the gym in the instance you feel any flu like symptoms. At that time members should get a COVID19 test and self-quarantine while awaiting results from the test. Because of the unknown extent of asymptomatic transmission, it is advised to self-quarantine even if a member is not experience symptoms but believes he or she has been exposed to COVID19.

Once Drop Fitness is alerted of any potential member exposure to COVID19 we will alert all members of potential exposure. With the requirement of registering for classes and the stringent cleaning procedures before and after each class session we will identify the class in which a members were potentially exposed to COVID to give them as much advanced noticed as possible.