



NESFIELD PERFORMANCE

These protocols apply to all areas of service for Nesfield Performance (NP); fitness training and massage therapy, whether in our facility located in Chevy Chase, in the client's private home or outside. Protocols are as recommended by the U.S. Centers for Disease Control and Prevention (CDC), the Maryland Department of Health (MDH) and Montgomery County Department of Health & Human Services.

Social Distancing

- Employees and clients must maintain social distance of at least 6 feet when possible.
- Utilize markings and signage to guide employees and clients when necessary.
- Limit the number of people in the facility at one time. (Consult state and local guidelines if available.) Maximum facility occupancy will be 6; massage therapist and one client, one trainer and one client, one virtual trainer and one administrative employee.

Face Coverings

- Require employees and clients to wear face coverings (**whether fully vaccinated or not vaccinated**).
 - Use cloth face coverings or masks as appropriate.
 - Cloth face coverings or masks are intended to protect other people—not the wearer. They are not considered to be personal protective equipment.
 - Emphasize that care must be taken when putting on and taking off cloth face coverings or masks to ensure that the employee or the cloth face covering, or mask does not become contaminated.
 - Cloth face coverings or masks will be routinely laundered.
- People who are engaged in high intensity activities, like running, may not be able to wear a cloth face covering or mask if it causes difficulty breathing. If unable to wear a face cloth covering or mask, NP will consider conducting the activity in a location with greater ventilation and air exchange (for instance, outdoors versus indoors) and where it is possible to maintain physical distance from others.
- Face shields will be worn by employees in addition to face masks during training and massage therapy.
- **Only fully vaccinated personal training clients will decide with their personal trainer on an individual basis IF a face mask will be worn by the client during cardio training and where the cardio training will take place. Fully vaccinated personal training clients will be required to wear a mask upon entering & exiting the facility and all other times during training.**

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Sanitizing

- Use CDC and Environmental Protection Agency approved disinfectants to clean daily; including use of disinfectants to wipe down high contact surfaces at least once every 2 hours while employees or clients are present.
- Provide disinfecting wipes and other cleaning materials and conduct targeted, more frequent cleaning of frequently touched surfaces and objects (free weights, exercise equipment, cardio machines, railings, door handles, countertops, doorknobs, toilets, tables, light switches, faucets, sinks, bands, rubber mats, foam rollers, and yoga blocks. etc.).
- Clean and disinfect all exercise equipment and tools between clients.
- Change sheets and disinfect the massage room contact surfaces between clients.
- Massage Therapists will change apron covering between clients.
- Require employees to wash their hands hourly.
- Place hand sanitizers with at least 60% alcohol in multiple locations throughout the facility for employees and clients.
- Ensure restrooms are well stocked with soap and drying materials.
- Two Alen BreatheSmart 45i HEPA Air Purifiers (HoMedics Total Clean 5-in-1 Medium Room) have been placed in the facility; one in the massage room and one in the training room.
- D-Tech Disinfecting steam fog sprayer will be used daily on equipment.
- Keep windows open to encourage open air ventilation throughout the facility.
- Clients must apply hand sanitizer upon entering and exiting the facility.

Miscellaneous

- Provide contactless reservations and check-in/check-out systems that will limit the number of people in the facility at one time.
- Review and implement new CDC, MDH, and Montgomery County Department of Health & Human Services guidelines as they are received.
 - All employees should have a basic understanding of COVID-19, how the disease is thought to spread, what the symptoms of the disease are, and what measures can be taken to prevent or minimize transmission of the virus that causes COVID-19.
 - Employees will be encouraged to go home or stay home if they feel sick.
 - Post signs and reminders at entrances and in strategic places providing instruction on social distancing, hand hygiene, use of cloth face coverings or masks, and cough and sneeze etiquette.
- Provide employees with guidance and training to reflect updated CDC guidelines for their workplace; the facility, in clients home and outside.
- Clients and employees will have body temperatures taken prior to entering the facility via touchless thermometers. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees, or local guidelines, will not be permitted entry into the facility.

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- Clients and employees will be required to complete a mandatory Health Screening Survey before each visit to confirm they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.
- Fully vaccinated clients and employees will continue to follow fully vaccinated [CDC Guidelines](#).

Travel (fully vaccinated and unvaccinated):

- Clients and employees will be required to follow CDC travel guidelines:
 - [Domestic Travel](#)
 - [International Travel](#)
- After an unvaccinated client travels, domestically or internationally, and before returning to any areas of service for Nesfield Performance (NP), clients must:
 - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If you don't get tested, stay home and self-quarantine for 10 days after travel.

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