

These protocols apply to all areas of service for Nesfield Performance (NP); fitness training, massage therapy and physical therapy, whether in our facility located in Chevy Chase, in the clients 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 or as deemed necessary for the health and safety of our clients and employees.

Social Distancing

- Limit the number of people in the facility at one time. Maximum facility occupancy will be 8; massage therapist and one client, one trainer and one client, one physical therapist and one client, one virtual trainer and one administrative employee.

Face Coverings

- Require employees, unvaccinated clients as well as massage clients to wear face coverings;
 - 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.
 - Unvaccinated clients 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 masks will be worn by employees during training, massage therapy and physical therapy.

Sanitizing

- Use CDC and Environmental Protection Agency approved disinfectants to clean daily.
- 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.
- Keep windows open to encourage open air ventilation throughout the facility, weather permitting.

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.
- Provide employees with guidance and training to reflect updated CDC guidelines for their workplace; the facility, in clients home and outside.

Clients or employees with Covid 19 whether vaccinated or unvaccinated will continue to follow current CDC guidelines.

All Nesfield Performance employees are fully vaccinated.