



## **COVID19 INDOOR TRAINING POLICIES & PROCEDURES**

- ♦ **All clients must arrive between 5-10 minutes prior to the start of each group training session** in order to get set up properly, following state-mandated rules for indoor training.
  
- ♦ **Clients must bring: yoga mat or beach towel for floor work & stretching – and must also bring a hand-towel, water bottle and mask to each session.** Masks are required when entering the building and can certainly be lowered as needed during training in order to get adequate oxygen. Trainers will wear masks at all times – except when Zooming for Recording.
  
- ♦ Clients will have their temperature taken upon arrival. Anyone with a temperature of 100.4 or higher will be asked to return when they no longer have a slight fever.
  
- ♦ If any client is not feeling well, whether it be a bad headache, sore throat, body aches, cough or congestion, stomach ache, rash, etc, PLEASE REFRAIN FROM TRAINING UNTIL YOU ARE WELL.
  
- ♦ All clients will wash their hands upon arrival, and there will be hand-sanitizer and disinfectant wipes available throughout the facility. We will also use our new hospital-grade disinfectant fogger in between training sessions.
  
- ♦ Cones will be set up so clients can feel confident we are providing a safe-distance workout every time.
  
- ♦ Formats for bootcamps/group training may be altered slightly as they have been -- to include more dumbbell exercises, bodyweight exercises, and cardio exercises (in place) so that equipment does not need to be shared. We will still give you a kick-butt workout, we promise! And all of our bootcamps will be **multi-level** to accommodate various ages and fitness levels.
  
- ♦ For safety, clients who have traveled on an airplane or have visited a hot-spot state will need to do their workouts via Zoom/Virtual for 10 days.
  
- ♦ For safety, clients who have been exposed to someone testing positive for covid19 will also need to do their workouts via Zoom/Virtual for 10-14 days.

If you have any questions at all, please give us a call at (908) 240-5560