

## **FITNESS CLASSES IN GYM**



### **PROTOCOLS AND GUIDELINES**

- It is highly recommended that participants pre-register online for the class.
- Registration will include the Release Statement and COVID-19 Statement Waiver.
- A maximum of 15 registered participants and instructors are permitted. No guests allowed.
- Facial masks are required to be worn at all times.
- Social Distancing is required at all times.
- No equipment will be provided, other than sound system.
- Hand sanitizer stations will be located at the entrance and exit doors.
- Floor will be marked for the 15 participants.
- Disinfecting of the MP room will take a minimum of 30 minutes between classes.
  
- Participants/Instructor will enter the lobby through the front double doors.
- Temperature check and brief Wellness Survey will be taken from each participant/instructor at the front counter prior to entering the Gym. Info will be recorded and saved.
- The red court will be used as the primary gym positioning because of the exit doors.
- After class, Participants/Instructor will exit through the South gym doors.
- Participants shall leave the facility at the conclusion of the class so that disinfecting may begin.
  
- Participants shall not arrive early, they will not be allowed to enter the facility until 5 minutes prior to class.
- Participants shall arrive wearing their workout clothes, changing of clothes in the facility is not permitted.
- Participants should bring their own water bottle as shared water stations are closed.