



COVID 19 Guidelines and Changes

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| Arriving | Please arrive 5 minutes before the start of your session. Remove your shoes and place them on the carpet in front of your cubby. These will be clearly marked. Bring training shoes for the gym and limit the number of personal items to a water bottle, phone and keys. There will be clearly marked hand sanitation stations and arrows to point you in the right direction. We may be required to monitor your temperature with a no-contact thermal scanner. If your temperature is 100.0 or above or you answer yes to any of the COVID-19 symptom questions you will not be allowed in the facility. |
| Occupancy | CSF fire code occupancy is 64 people. We may safely host a max of 8-10 people inside the facility at a time. Due to COVID regulations & best practice for our clients, we are not able to allow visitors or family at this time. |
| Mandatory Hand Sanitizing | Each client will be prompted to use hand sanitizer upon entry prior to class. There will be instructions in each bathroom and throughout the gym regarding hand sanitization. |
| Staff | Staff will wear a mask at all times. Training staff will be required to wear a mask and wash hands before & after every session. Masks and gloves are provided for coaches. Masks are mandatory and gloves will be optional. |
| Facility Standards | We have made best practice changes to the facility flow and layout to keep our team safe. Clients & coaches will disinfect equipment after each use. Cleaning stations for staff to use will be set up throughout the facilities so that they are readily available between sessions. Coaches are required to sanitize all contact surfaces before & after each class. |
| Scheduling | Classes will be 40 minutes followed by 15 min. Of down time to cleaning. This will allow plenty of time for departure of one group, before the next group enters the facility. Sessions will be timed appropriately to ensure members can enter & leave the facility without overlap so please be prompt in your arrival and departure. |
| Group Spacing | While attending class, clients are required to stay at a 6 foot distance from one another at all times.. You will be working in your own designated area for most of the session. Sled pushing and KB carrying will be orchestrated by the coaches and cleaned in between each use. |
| In Facility Policies | <ul style="list-style-type: none"> *Office personnel will sanitize all entry surfaces prior to & after each class *No personnel bags are permitted inside the facility. Bottles, keys, personal equipment & phones only. *Personal towels are recommended. We will not provide towels. *Food items will not be permitted inside CSF. *For sanitary purposes the water cooler will be temporarily unavailable. Water may be brought in or purchased. The container must be labeled or it will be thrown away. Any left bottles will be discarded the same day. *Please use discretion and plan accordingly to limit bathroom use as little as possible. *No adults or athletes are permitted to wait in the lobby area. |
| Exiting | At the end of class, clients will leave from the designated exit while adhering to the appropriate 6 foot distancing guideline. Staff members will immediately sanitize in preparation for the next class. |
| Inquiries | Phone calls, text zoom and emails are encouraged in place of inquiring inside for questions. Initial consults will only be conducted during non training hrs and or through Zoom. |
| Product Purchases | CSF Staff will check out member purchases. Members are encouraged to purchase on-line or contact the gym to prepay and then take the products at next session. |