

COVID-19 Plan for Fitness Evolution of MN

(UPDATED 7/24/2020)

Fitness Evolution of MN is committed to providing a safe and healthy workplace for our team and our members.

All staff and club members are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our clubs, and that requires full cooperation among employees & members. Only through this cooperative effort can we establish and maintain the safety and health of everyone in our facilities.

Management and all team members are responsible for implementing and complying with all aspects of this Plan. The Fitness Evolution of MN team has our full support in enforcing the provisions of this policy. Our employee team and members are our most important assets. We are serious about safety and health and keeping our employees working and our members working out at Fitness Evolution of MN.

Our Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19.

Screening & policies for employees exhibiting signs & symptoms of COVID-19

Staff & members have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19.

All employees will be test for a fever at the beginning of their shift.

We will err on the side of caution and request that anyone (staff or member) to please leave our facility if there is a sign of sickness.

Non-compliance by staff member or club member will be addressed directly and immediately.

Communication to staff & members will be provided by signs through-out the facility, a hand-out given to each member as they enter as well as information posted online & in digital form.

All staff will be required to go through training on COVID-19 protocols prior to being able to work at our facilities.

Use of touchless facility access/check-in with personal access card and/or mobile device.

We will maintain usage records to facilitate contact tracing if necessary.

At this time, the clubs are limited to 25% capacity or maximum of 250. Our clubs are large enough that we can easily support this while still easily maintaining social distancing requirements.

Face Coverings

- All staff will wear a face covering at all times
- GX instructors will wear a face covering UNTIL they begin teaching their classes, then again after class.
- Members must wear a face cover when entering & exiting the facility but may remove it when exercising while maintaining social distance.
- Members using the pool/hot tub are exempt while swimming but must put them on while moving from the pool area into the locker room
- Children 5 years & under are exempt
- Members with medical conditions are exempt

Handwashing

Basic infection prevention measures are being implemented at our Clubs at all times. Staff are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end

of their shift, prior to any mealtimes and after using the restroom. They are instructed to use hand sanitizer through-out the day on a regular basis.

All members/visitors to the facility will be required to wash their hands and/or use hand sanitizer immediately upon entering the facility and immediately prior to leaving the facility.

There will also be hand-sanitizer available at numerous stations through-out the facilities to be used for hand hygiene in ADDITION to handwashing. These stations will be located in every room of our facilities.

Employee Protection

Masks and gloves will be required during enhanced cleaning.

No direct personal contact between staff or members will be allowed.

No sharing of offices, phones, desks, etc. will be allowed.

Social Distancing

Social distancing is being implemented in our facilities through the following ways:

- Strength training and cardio areas will be reopened under social distancing guidelines. Capacity will be limited.
 - All cardio equipment will be either moved 6 feet apart or every other one will be shut-down.
 - Members will be required to disinfect equipment prior to and after use.
 - Staff will be in cardio & weight-rooms monitoring social distancing as well as continuously disinfecting.
 - Social Distancing must be practiced in all weight-rooms as well.
 - People may be required to use every other piece of equipment in order to facilitate 6 feet apart.
- Group Fitness Studios:

- Studio capacity will allow 1 participant for every 36 square feet of space (6' x 6' square).
 - Buffalo = 15
 - Monticello = 12
 - Zimmerman = 12
- All participants will be required to use hand-sanitizer upon entering the studio and immediately prior to leaving the studio.
- Equipment used in class will be kept to a bare minimum.
- Each participant will be given their own personal disinfectant spray bottle and rag to use on any equipment used or on their personal space.
- GX Instructors & other staff will clean & disinfect all equipment needed for class prior to and after classes.
- Classes will be scheduled in such a way to avoid any congregation prior to or after each class.
- Classes will be scheduled to allow extra time in between classes for additional cleaning.
- We will attempt to run as many classes outside instead of inside our facilities when appropriate and possible (weather permitting).
- Kids Club (daycare) will open June 15th with one-hour limits.
- Saunas will stay closed at this time
- Hot-Tubs: maximum of 4 people will be allowed in order to maintain 6' social distancing.
- Pool: there is no evidence that COVID-19 can be spread to people through pools, hot-tubs, etc.
 - No sharing of lap lanes
 - No sharing of communal equipment.
 - Must maintain 6' of social distancing in pool and on the pool deck.
- Racquetball courts only 2 people per court.
- Water-fountains will be shut-down except for the hands-free water bottle filling station.
- Locker-rooms:
 - Usage needs to be kept to a bare minimum.

- Staff will be monitoring use and will be consistently cleaning facilities.
- 6' of social distancing must be maintained.
- Personal Training:
 - Our personal training clients will be given VIP treatment by scheduling our many different fitness rooms specifically for their workouts and training sessions.
 - Only the trainer and client will be allowed in scheduled room during the session.
 - Trainers will disinfect ALL equipment that will be used prior to and after the session
 - Face masks will be encouraged to be used by trainer and/or client.
 - 6' social distancing will continue to be in effect as much as possible during the session.
- Tanning Beds:
 - Member must disinfect bed prior to and after use.
 - There will be a minimum of 5 minutes between sessions to allow for staff to completely disinfect of equipment as well.

Housekeeping/Cleaning

A rigorous and regular housekeeping/cleaning practices are being implemented, including routine cleaning and disinfecting of work surfaces, all fitness equipment, tanning beds, counters, railings, door handles, and all areas in our facilities.

We are using QT-3 cleaning solution which is proven to kill the COVID-19 virus but it needs 4 minutes in which to do so. Therefore, there will be a 4-minute waiting period in between using equipment after it has been sprayed; this will include tanning beds as well.