

802CROSSFIT

COVID-19 POLICIES AND PROCEDURES

COVID-19 POLICIES

- You will be required to sign a COVID-19 Liability and Release Waiver before your first class.
- **You cannot enter the premise if the symptoms listed below should be present or present themselves in the future:** *Cold • Fever • Cough • Shortness of breath or difficulty breathing • Chills • Repeated shaking with chills • Headache • Sore throat • Loss of taste or smell*
- If you have experienced ANY symptoms listed above, you cannot enter the premise until you are free of ALL symptoms, even if you have tested negatively.
- You cannot enter the premise if you have been exposed to, or test positive for COVID-19, and it is your responsibility to immediately share this knowledge with the 802 CrossFit staff if you should become exposed.
- If you have traveled to a State/County requiring self-quarantine when returning to Vermont, you must do so before entering the 802 CrossFit facility. [VIEW REQUIREMENTS](#)

ENTERING THE BUILDING

- Members will wait in their vehicle or in the parking lot (CLEAR of the porch and socially distant) until the instructor cues them to enter. A good spot to wait is on the grass, or along the side of the building under the eaves.
- Members will be called in by the instructor when the time has come for class.
- Members will leave ALL unnecessary belongings in their vehicle.
- Upon entering the building, members will stop at the hand sanitizer station (by the door), grab a clean rag, and proceed to the work station of their choice, following the ORANGE walking path for as long as possible.

THE LAYOUT

- We have 16 indoor work-out stations spaced out at least 6 feet or more
- We have several more outdoor stations that will be used when the weather allows.
- Class capacity will be stated on Mind Body daily. RESERVATIONS REQUIRED.

THE LAYOUT (continued)

- Each group of stations has a variety of barbells and weights centrally located so staying in your stations, distanced from others, is easy to do.
- Each member will get a clean rag at the start of class and will have their own sanitizer bottle for their working station.
- Each working station is clearly marked to include a large rubber stall mat as well as room for a yoga mat for ab work.
- A bright orange walking path is clearly marked out, navigating flow throughout each room. All members will always **enter** from the LEFT PORCH DOOR and will always **exit** through the GARAGE DOOR area. **This includes work-outs in which we run in as well.**
- The mobility area door will be locked, as that will be reserved for PT, AT and Massage Therapy appointments. You may however access the lockers or bathrooms after you have entered the building. You cannot store your belongings or congregate in this area before class.

IMPORTANT REQUIREMENTS

- **WATCH THE BLOG DEMO VIDEOS BEFORE CLASS** (found on our website). This will ensure you know what you need to bring in, AND ANSWER your questions so we get the most out of our class time. Your failure to do so selfishly takes away from the rest of the class.
- Coaches will wear masks for the duration of the class.
- **Members MUST WEAR a mask covering their nose/mouth when entering and exiting the building, moving to and from bathroom and common areas, and grabbing equipment or putting it away.**
- Masks can be removed once you are in your working station if you so wish.
- Members will sanitize their hands at the start of each class.
- Members will be responsible for disinfecting absolutely everything they touched during class; to include, but not limited to, PVC's, foam rollers, bumper plates, barbells, dumbbells, kettlebells, yoga mats, cleaning bottles etc.
- It is advised you disinfect your own equipment before use.
- Coaches will mop all large rubber stall mats between EACH class, and sanitize bathrooms and door knobs on a regular basis. Members will not need to clean their large rubber stall mat.
- Members will dispose of their own cleaning rag in the 'soiled rag' container upon exiting the building.
- If you wish to socialize after class, you must do so outside, respecting socially distant guidelines while remaining away from the building and the next class entering.

CLASS SCHEDULE

- Classes will be 50 minutes long so that EPA approved disinfectants will sit for the required contact time between classes.

CLASS RESERVATIONS and MIND BODY

- You MUST sign-in on Mind Body in order to attend class.
- If you are having trouble with the Mind Body App, **YOU MUST GO TO OUR WEBSITE AND SIGN-IN THERE.** Apps all have glitches. Expect them and come up with a plan before problems occur.
- Class caps must be strictly enforced without exception.
- We must put in place strict cancelation policies so that class reservations and overbooking does not occur.
- **If you cancel your reservation last minute, and the class is full, you will be charged for the class drop-in, regardless of membership.**

WAITLIST

- If a class should become full, you can add yourself to the waitlist to see if any spots should open up. If you choose this option, you must manage it.
- If a spot opens, your status will change from 'waitlist' to 'booked'.
- If you decide you don't want to play the waitlist game, **YOU MUST REMEMBER TO CANCEL IT** so you don't block the person behind you out. If you fail to do so, and the class is full, you will be charged for the drop-in.

INDOOR AND OUTDOOR STATIONS

- Your work station will depend on the order in which you signed in to Mind Body.
- Reservation 1-16 will be guaranteed indoor stations if desired. Know that if you are reservation 17-?, you may be required to work-out outdoors. Please plan accordingly.

RECOMMENDATIONS

- We recommend bringing your own yoga mat if you are working-out outside. The black mats will inevitably get hot, and you may want a cooler surface to burpee on etc.
- You will be given a ziploc bag with your own block chalk and sidewalk chalk to use (shared chalk is not allowed). If you lose, forget or use up your chalk, more can be purchased from the front desk.
- Bring plenty of water. **Water stations are not allowed for community use.**
- Bring your own hand sanitizer. We will have stations set up around the room, but having your own stash at your station and on you at all times is a great idea!

ZOOM AND ONLINE PROGRAMMING

- Our online posted programming will continue indefinitely.
- We offer LIVE Zoom classes Monday thru Friday at 12:00pm & 4:30pm.
- You will need your own music, and must be clear of the work-out ahead of time (view the blog)

- Zoom links will be on our daily blog.

PARKING

- Please do not park where the rubber stall mats are in the parking lot, OR behind them. The area must be kept clear so that athletes coming and going to easily get to them.