

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 outside of Vermont, you must quarantine for 2 weeks before returning to CrossFit, or quarantine for one week THEN show a negative test.
[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 GREEN LIGHT shows you may enter.
- Members will leave ALL unnecessary belongings in their vehicle.
- Upon entering the building, members will stop at the hand sanitizer station, remove dirty shoes, grab a clean rag, and proceed to their assigned work-station.

RESERVATIONS REQUIRED

- Class capacity will be stated on Mind Body daily. RESERVATIONS REQUIRED.
- You MUST contact us prior to your first visit, watch all blog work-out videos, and read and agree to our Covid-19 Waiver.

dTHE LAYOUT

- 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.
- Bring all necessary belongings with you to your work-station.

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.
- 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, during the strength portion of class and grabbing equipment or putting it away.**
- Masks can be removed during the work-out of the day only.
- 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 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.

RECOMMENDATIONS

- 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!