

Standard Operating Procedures to Re-Open Iron + Mortar during May of 2020

THERE WILL BE NO MORE THAN 10 PEOPLE IN THE BUILDING AT ALL TIMES

WELLNESS REQUIREMENTS

Members will be instructed:

- If you have cold or allergy symptoms, flu symptoms, are coughing or generally not feeling well please do not come to class until you have been symptom free for 72 hours.
- Sanitize your hands as you come in, and again prior to leaving.
- If you have been exposed to CoVid 19 please quarantine at home for 14 days.

GROUP CLASSES

- Group class attendance will require an RSVP, utilizing our software that allows us to cap, manage class sizes and communicate with all members virtually.
- We will cap all classes at 9 people and 1 coach.
- Classes will be designed in a manner that ensures no shared equipment and maintaining a social distance of 6 feet at all times.
- Members will each have a zone of the floor they are assigned to and is clearly marked on the floor for each workout.
- All equipment will be sanitized before and after every class.
- Classes will be staggered to allow all members to leave the gym and training space 10 minutes before the next class arrives.
- Bathrooms will be wiped down with disinfectant between each class.
- Showers are not available.
- A separate and spaced set of doors will be used for entering and exiting the facility.

PERSONAL TRAINING

- There will be no weighing and measuring of members until we no longer need to adhere to the 6 feet of distancing safety procedure.
- Personal training will be done maintaining 6 feet of distance between the member and the coach/trainer at all times.

- Any equipment used for the session will be disinfected after each use and before it is returned to its regular storage location.
- Personal training will also be held to the standard of no more than 10 people in the building, allowing 6 feet of space, every time.

BATHROOMS

- Bathrooms will be wiped down with disinfectant between every class.
- Showers are not available.
- Only one person at a time will be able to use the bathroom with a waiting location clearly marked and spaced on the floor.

RETAIL/CHECK IN

- Staff will get items out of the fridge and off the shelf for members while maintaining the 6 feet requirement. Our software allows us a no touch, no cash exchange and front desk staff will add the charge to the account.
- The coach/trainer will also serve as front desk staff and allow no one new in the building while classes are in session.
- The Coach/Trainer will check all members into the gym using our software accessible from their personal cell phones, eliminating a potential shared touched surface.

CHILD CARE

- We will not have child-care available in the gym until our 6 feet spacing restriction is lifted.

OPEN GYM

- This training option will also require pre-registration and will only be allowed during specified times supervised by a coach/trainer that allow us to adhere strictly to spacing requirements, and adhere to no equipment sharing and no more than 10 people in the building at one time.

GENERAL CLEANING

In addition to using medical grade disinfectant and cleaners on equipment and bathrooms as outlined above, we will also implement the following:

- Mop the gym floor and bathroom floors with medical grade cleaner once mid-day and again at close.

- Wipe down all door handles, counters and all other unavoidably shared surfaces in-between each class or training session.
- Disinfect all equipment mid-day and again at close with medical grade cleaner, this measure is in addition to the wipe down immediately after use.
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