



## COVID 19 BEST PRACTICE (22 June 2020)

What we ask of our ourselves and our clients:

- **Do not train and refrain from entering the studio if unwell (coughing, fever, sore throat, shortness of breath)**
- **If you have had contact with a diagnosed COVID 19 carrier, to obtain test and clearance before entering studio.**
- **Maintain social distance. A minimum of 1.5 meters (3 square tiles on gym floor).**
- **Cover your nose and mouth with a tissue should you need to cough or sneeze.** If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **Clients to bring own workout towel**
- **Glassware will not be provided. Please bring own water bottle and water.**
- **Wash hands** (minimum of 20 seconds) before and after session and or toilet, and wherever necessary. Alternatively use hand sanitizer
- **Sanitize allocated work out mat/ gear after use**
- Clients may like to wear work out gloves

We will:

- Provide, paper towel, antiseptic spray and wipes for wiping down equipment after use
- Alcohol gel and disposable gloves when required
- **For hygiene purposes, towels will no longer be provided to clients. Please bring your own.**
- Avoid eating, drinking coffee during sessions to **minimize hand to mouth contact.** Sanitize hands before drinking water.
- Reduce phone use by trainers to between sessions (after washing hands)
- We will avoid contact and **cue with verbal and visual cues**
- **Equipment will be exclusively used by a client and then sanitized.** When more than one client in the studio, sessions will be organized as follows: Allocated work out zone- mat and three pieces of exercise equipment that form a mini circuit. After completing the circuit (3 sets) Equipment will be sanitized with spray and disinfectant wipes, before moving on. This will require communication and cooperation between trainers and participants.