



Sports Academy Complete Plan to Reopen

Staff Training: Safety First

What is Covid 19: It is a respiratory illness that can spread from person to person. It spreads between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. COVID-19 may be spread by people who are not showing symptoms. People who are not showing symptoms are often referred to as "asymptomatic". It may be possible that a person can get COVID-19 through touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

Symptoms: Anyone can have mild to severe symptoms.

- May appear 2-14 days after exposure to virus
- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Less common: nausea, vomiting, diarrhea

Emergency Warning Signs

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
 - This list is not all possible symptoms. Call your medical provider for any other symptoms that are severe or concerning to you.
 - Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.



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People at High Risk

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People with underlying medical conditions, particularly if not well controlled, including:
 - People with chronic lung disease or moderate to severe asthma
 - People who have serious heart conditions
 - People who are immunocompromised
 - Many conditions can cause this including, cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
 - People with severe obesity (BMI of 40 or higher)
 - People with diabetes
 - People with chronic kidney disease undergoing dialysis
 - People with liver disease

How To Protect Yourself & Others

- Maintain social distance of 6 feet whenever possible
- Wash hands often with antibacterial soap or use hand sanitizer containing 60% alcohol when soap and water is not available
- Routinely clean and disinfect frequently touched surfaces
- Wear cloth face coverings in public settings where social distancing measures are difficult to maintain.

Workplace Safety

- Maintain physical distancing of 6ft whenever possible, including with visitors/customers
- Avoid gatherings of 10+ people in any office meeting room or shared social space
- Routine sanitization of high-touched surfaces and shared resources
- Workers to self-certify that they have experienced no CV-19 symptoms since last day of work or visit to workplace
- Workers to stay home and seek medical guidance if they are experiencing any known symptoms
- Workers to self-quarantine per public health guidelines if confirmed to have CV-19 or exposed to confirmed case
- Staff to have temperature taken prior to entering work each day (100.4 degrees or higher requires staff member to go home)



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- Staff to wash hands thoroughly with anti-bacterial soap upon entering the workplace, during the workday, and prior to leaving
- Staff to sanitize or quarantine deliveries/packages
- Staff to sanitize their workstations prior to leaving work
- Staff to sanitize shared spaces after use

Screening Measures & Physical Distancing for Staff & Participants

While we're taking every precaution to keep our Sports Academy & community safe, we ask that you do the following:

- You should stay home if you feel the least bit sick.
- You will be asked to use hand sanitizer when entering the facility and frequently throughout their visit.
- You will be asked wellness questions with each check-in.
- You will also have body temperatures taken prior to entering the Academy via touchless thermometers. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility.
- You will be required to wear face coverings prior to entering the facility, once at your designated class location, you may remove your face covering. During your first visit, Members will be provided with a Sports Academy bag to store their face covering until vigorous training is complete.
- We encourage limited personal items within the facility.
- You will maintain 6 feet separation from other individuals. If such distancing is not feasible other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation will be rigorously practiced.
- Classes will be first come first serve and will have a required capacity. Once that capacity is met, additional members will not be permitted to join. We recommend you pre-register for our classes through our Sports Academy app, website, or front desk. You will be allowed to book 2 classes per day.
- Please note that during the initial reopening period, our showers and push-bar water fountains will be closed. We encourage bringing your own water bottle and using our motion sensor fountains.
- A new waiver will be required to be completed prior to your first scheduled training. This will be sent via email and available at the front desk.



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- You will be asked to alert the Sports Academy's General Manager if you test positive for COVID-19 within 14 days of your last visit.
- In the event that there is a reported case of COVID-19 in our facility and you were potentially in contact with the individual, you'll be notified immediately. From there, we'll take the proper safety precautions to disinfect the studio from top to bottom.

Cleaning

- In addition to existing continuous cleaning protocols, we will add a rigorous, deep-cleaning and disinfecting process three times during the day and once overnight.
- Medical-grade, EPA-registered disinfectants which are designated effective against the COVID-19 virus with a kill time of less than one minute will be used for all continuous and deep-cleaning processes. We will also be using electrostatic handheld and back-pack sprayers, for use by our Maintenance team, that efficiently attack microbes, providing 3x more coverage in the same amount of time than traditional efforts.
- We will allow 15 minutes between trainings for disinfecting the area used.
- SA hours will be modified as necessary to permit overnight cleaning.
- Staff will clean equipment, exercise tables, and weights after each client and at the end of the workday.
- Staff will regularly and frequently clean and disinfect any regularly touched surfaces, such as doorknobs, tables, chairs, and restrooms.
- Hand sanitizer, disinfecting wipes, soap and water will be readily available for use at all times.
- Signs will reinforce best hygiene practices.



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Protocol for Classes, Personal Training & Small Group Training

- Sports Academy will implement a reservation only system for group classes, personal training and small group training.
- Limited space is available and you will be placed on a waiting list if the class fills up. We will increase the number of classes as we see the need.
If you do not cancel your reservation, you will be charged a \$10 fee to your card on file.
- All participants will be encouraged to wait in their cars, away from the Academy or in areas that allow social distancing from other individuals while waiting for their reservation time.
- Upon entering the building, please sanitize your hands, wear a mask, fill out a waiver and have your temperature taken.
- You will then be taken to your class or met in lobby by your instructor/coach, who will take you to your area of exercise.
- At that time, you can remove your mask safely and proceed to follow workout instructions while following social distancing guidelines.