

## THE “UNPRECEDENTED” CHECKLIST

The landscape of fitness is constantly changing and evolving with the times and that couldn't be more true than during the current climate we find ourselves in. The SportsArt family is here to help you prepare for the new normal and navigate the landscape so that when you are able to open, you are refreshed and ready to reengage with your members.

Whether you are currently open or are planning to reopen (fingers crossed sooner rather than later), our toolkit is here to provide you with actionable suggestions to prepare your gym for members and to supply assets for the communication of new protocols, procedures, and expectations. In addition to our suggestions, we encourage you to review your state and local guidelines for specifics in your area.

If you have any questions our team will be here to help you find solutions to your unique situations. Together we can power a movement and come out of this stronger than ever. Here's how.

### CHECK IN

- Provide personal protective gear like face masks and gloves for staff to wear.
- Set up a temperature check station for members at check in.
- Schedule workout windows to prevent surges and/or limit the number of people inside to 30% of your building's normal capacity.
- Consider member-less time windows to complete deep cleans of the facility between uses.
- Adapt a new contact-less greeting protocol such as Namaste or a hand sign.
- Train staff to look for and identify symptoms.
- Post expectations of member etiquette. Check out the member behavior poster in the toolkit.

### CARDIO AREA

- Space cardio equipment at least 6 feet apart. If you do not have space to do so, simply turn every other piece of cardio equipment off and place a sign on the consoles of the products. See the toolkit for the “Not in Use” printout.
- Prepare a cleaning plan and make the information available to members. Knowing there is a procedure to keep them safe will help build trust in your facility.
- Instruct members to follow traditional gym etiquette and wipe down machines after use. This will keep members safe and help protect your staff. See the toolkit for a poster on how to clean cardio equipment.
- Assign staff to clean machines frequently, ideally after every use.
- Provide an abundance of wipe stations and/or spray bottles and towels for members to clean their workout stations, without having to share.

## STRENGTH AREAS

- Encourage lifts that do not require spotters or suggest the utilization of a smith machine where applicable.
- Space benches, weight racks and other commonly used stations at least 6 feet apart for proper social distancing.
- Assign staff to clean areas frequently ideally after every use.
- Provide instructions for members to clean their stations after use, including cleaning benches, barbells, and weights when finished.
- Set a schedule for staff to deep clean the strength area, post the schedule for members to see, and make sure to follow it!

## GROUP AREAS

- Avoid station rotations during classes.
- Limit the number of people in each class or studio to ensure proper social distancing measures.
- Create a procedure script for instructors to go over before every class to ensure each member is aware of the new normal and behaves appropriately.
- If needed, provide each instructor with their own headset and clean it thoroughly after each use.
- Clean mats, weights, and anything else used or touched during the class once finished.
- Provide cleaning supplies for members to disinfect their used items at the end of the class.

## OTHER AMENITIES

- Refrain from reopening saunas and steam rooms for the time being.
- Set a locker room use plan. If you open them, ensure there is proper social distancing guidelines in place and use tape to indicate specific areas for use. Or, keep them closed for the time being.
- Deep clean everything, even the weird little things like functional trainer attachments, bands, mats, weight pins, grips, and anything else your team observes to be touched frequently.

## CLEANING SUGGESTIONS

- Use non-abrasive, chlorine and ammonia-free cleaners for equipment to keep them in tip-top shape and avoid corrosion.
- If budgets allow, consider an electro spray device or a vapor based device to quickly and effectively clean every surface of an area and the equipment within it.