

CrossFit South Shore COVID-19 Reopening Guidelines

PRE-OPENING

Cleaning/Disinfecting

- Our facility will be thoroughly cleaned and disinfected prior to reopening.

Equipment Return

- Those of you that borrowed equipment from the gym will be asked to return the equipment prior to our opening date.
- We will schedule specific days/times that this can be done and ask that you make every effort to accommodate this schedule
- Please clean and disinfect all equipment prior to returning
- We will also clean and disinfect all borrowed equipment prior to putting it back into use

OPENING

Limited Capacity

- We will be operating under a limited capacity upon reopening.
- We are awaiting guidelines from the state to better understand what our allowable capacity will be.
- As of the preparation of this document, we are anticipating a limit of 12-14 people in the facility at any one time (including coaches/staff)

Class Reservations

- All members will be required to reserve a spot in class ahead of time.
- We will provide very specific instructions on how to do this ahead of time.
- If you do not reserve a spot in class, you will not be admitted into the facility.

Class Times

- Our schedule will be finalized prior to our re-opening and will be designed to accommodate as many people as possible safely coming in and out of our facility each day, within staffing and financial constraints.
- Classes will be scheduled to last 45-50 minutes with a 30 minute grace period between.
- This will provide an adequate buffer (should class run over by 5+ minutes) and allow for proper cleaning/disinfecting prior to the next class.

Pre-Check In Self Assessment

- Prior to coming to the gym, ask yourself the following questions:
 - Have you had a cough?
 - Have you had a fever? (please take your temperature prior to coming to gym)

- Have you been around anyone exhibiting these symptoms within the past 14 days?
- Are you living with anyone who is sick or quarantined?
- If you answer “Yes” to ANY of these questions, please do NOT come to the gym

Entrance Into Facility

- All members will be asked to stage outside the facility until 5 minutes prior to their designated class time.
- There will be clearly marked, appropriately distanced staging areas outside both entrances.
- Entry doors will be propped open.
- Upon entry your temperature will be checked.
- Upon entry, each member will be required to thoroughly wash their hands in the designated restroom.
- Upon completion of washing your hands, you will enter the gym, bringing ALL belongings with you to your designated workout space (preferably in a gym bag/backpack).
- Remain in your designated workout space until the beginning of class.

Designated Workout Spaces & Equipment

- We will establish designated workout spaces in our main workout area (rubber flooring).
- Each area will be clearly taped off so as to allow proper distancing between members, and adequate space for a coach to move freely about the floor.
- Each space will contain all necessary equipment to conduct the day’s workout (i.e. squat rack, pullup bar, barbell, DBs, box, rower, etc.)
- Should specific equipment or modifications be required, the coach will be responsible for bringing this equipment to your space for you.
- ALL MEMBERS WILL BE REQUIRED TO STAY IN THEIR DESIGNATED WORKOUT SPACE THROUGHOUT THE DURATION OF CLASS, other than to use the restroom.
- Certain pieces of equipment/movements (i.e. Ring Muscle Ups, Rope Climbs, Sandbags, etc) will not be allowed until restrictions are loosened.

Restroom Use

- Restroom use will be allowed before/during/after class.
- There will be protocols regarding proper sanitizing guidelines posted in each restroom and ask all members to adhere to these guidelines.

Shower Availability

- The two showers in the front bathrooms will be available for use after class.
- Showers will be reserved for those that are commuting directly to work following class.
- Spray bottles containing disinfectant will be made available in restrooms - members will be asked to spray down the shower after use.

Lobby Availability

- Members are asked not to linger or sit in the lobbies until further notice.

Children's Area

- The children's area will be closed until further notice.

Retail Purchases

- All retail purchases will be handled by CFSS staff (recording purchase, getting product out of refrigerator)
- There will be NO CASH transactions accepted. All retail purchases must be done via credit card on file on your CFSS account.

Open Gym

- There will be no Open Gym access allowed until further notice.

Exiting the Facility

- At the conclusion of class, members will be asked to exit the facility using the door nearest their designated workout space.
- Members are advised to continue to practice appropriate social distancing measures in the parking lot.

Equipment/Workout Space Cleaning

- Coaches will be responsible for thoroughly cleaning and disinfecting all equipment and designated workout areas between classes.
- Members may be asked to wipe down their equipment after class (and will be welcome to volunteer to do so) but ultimately this will be the responsibility of CFSS staff to ensure proper protocols are followed.