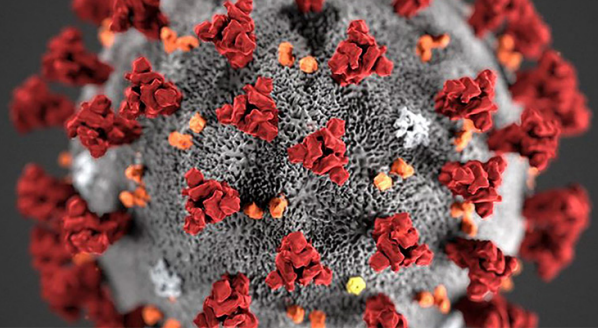


CORONAVIRUS
COVID-19



IMPACT ONE
— **FITNESS** —

**GUIDELINES
&
RECOMMENDATIONS**

June 2020

CONTENTS

A Special Message.....	3
Guidelines & Recommendations	
Before Entering the Facility.....	4-5
During Workout Sessions.....	5-6
Bathroom and Shower.....	6
Resources.....	6-7
Appendix A.....	8

Dear Impact Family,

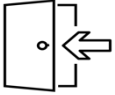
In response to the COVID-19 outbreak, the following are preventative measures in order to maximize/maintain a safe and clean workout environment. We are prioritizing the safety of everyone who uses our facility and we want you to reach your fitness goals under safe conditions. You are highly encouraged to address any concerns with us, and we will be more than happy to make any accommodations. Alternatively, online classes will be operating via Zoom. Lastly, these guidelines and recommendations are intended to provide and prepare the client with up to date information on preventative strategies and how ImpactOneFitness as a whole will adapt to new changes under stressful times.

Thank you for your cooperation and understanding!

ImpactOneFitness Team

GUIDELINES & RECOMMENDATIONS

Before Entering the Facility



- Entrance and Exit of the facility have changed. The designated entrance is now the door adjacent to the original entrance.

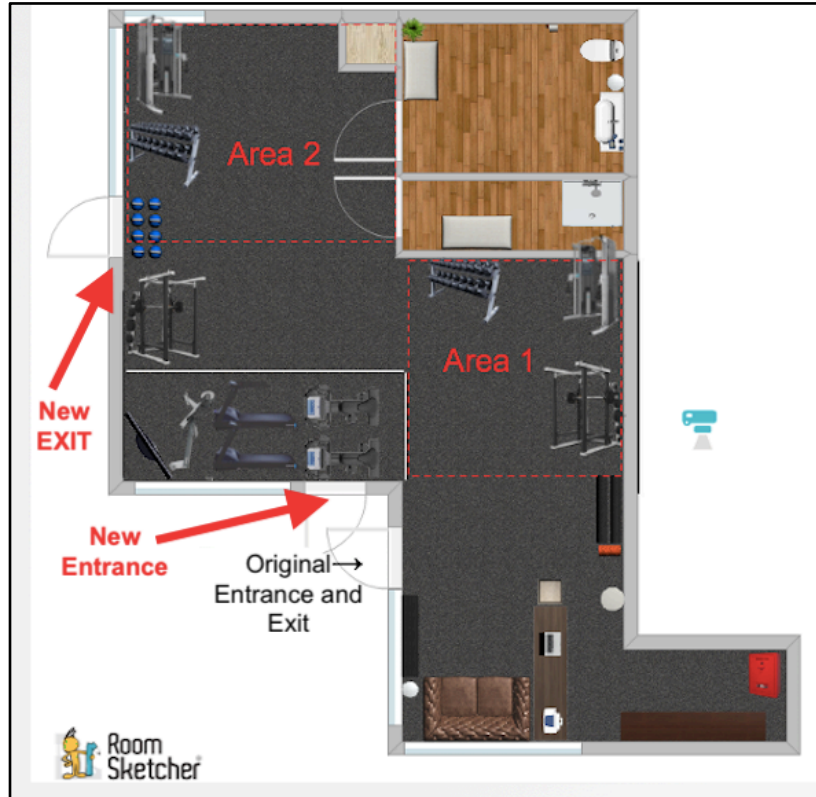


Figure 1: Original Facility Layout



- The max occupancy has now changed. Before, we operated 1:1-4 per area (there are two areas), 1 coach to 1 or 2 or 3 or 4 clients at a time. Since there are two areas, this would allow us to operate at a max capacity of 2:8 (1:4 in each area) per one-hour time slot. Due to COVID-19, **we are now operating at MAX CAPACITY of 1:1-4 coach to client ratio or 2 simultaneous private sessions consisting of 1:1 per area, per one-hour time slot.**



- A health questionnaire will be administered and must be answered verbally before entering the facility. (Refer to Appendix A for form)



- Both clients and coaches are required to wear masks upon entering the facility. They are also required throughout the session. If you do not have a mask, we will provide one for you.



- *Exception:* It is only during vigorous activity where temporary removal of mask may be permitted.



- Temperature checks will be administered. Readings of **100.4°F or greater** will not be permitted access to the gym.



- If you feel sick, please let us know in advance and stay home. We will be right here waiting for you to get better!



- Hand sanitizer will be available and must be used upon entering and exiting the facility. Hand sanitizer dispensers can be located next to the entrance and exit.

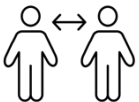


- It is highly recommended that you bring your own water bottle, workout towel, shower towel, yoga mat, and or personal hygiene products. As of now, towel service will be unavailable.



- Universally, handshake gestures were welcomed but due to the current circumstances, please refrain from physical contact. This includes bumping fists and or elbows as well.

During Workout Sessions



- Social distancing is required, and you must maintain **6 feet** between your workout buddies.



- Designated workout boxes will be labeled on the floor where only 1 member may enter at a time. These designated spaces will be used for workouts. Should the workout call to transfer from one designated space to another, then your coach will instruct/guide you when and on what designated path to take to transfer to a different box.



- Equipment must be wiped down before and after use with disinfecting wipes. Disinfecting wipes will be provided and available in each box.



- Coaches will have their own personal box that may not be entered at any time.
- Our water station will still be available but if possible, members are encouraged to bring their own water bottles.



- Should a member decide to use the water fountain, they must sanitize their hands before/after reaching for a cup and touching the water release handle. Hand sanitizer dispensers will be available at the water station.



- The member's water bottle or single-use cup should not touch the water dispenser.



- Sweating will occur; therefore, it is recommended that you bring your own workout towel. For your safety, refrain from touching your face, ears, eyes, and nose.



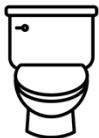
- Cover a cough and or sneeze. The CDC recommends you wash your hands for 20 seconds after doing so.

Bathroom & Shower



- Bathrooms are to be used only when necessary and for hand washing. **The CDC recommends that you wash your hands as frequently as possible, 20 seconds per wash.**

- We recommend that you be mindful on every material, surface, or object that you come in contact with. This includes, doorknobs (inside and out), sink faucet, toilet handle, toilet seat, soap dispensers, light switches, etc.



- We recommend that you be mindful with the amount of time spent and cleanliness after each bathroom usage in courtesy of the next member who uses it. **We are all in this together!**



Resources

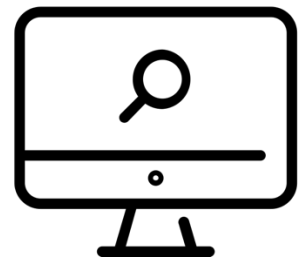
- **Does COVID-19 have you concerned as an employer or employee?**

Click/Tap this link: <https://www.dir.ca.gov/covid19/>

Click/Tap this link: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>

- **What to do if you are sick?**

Click/Tap this link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



- **Interested in guidance in fitness Facilities for COVID-19?**
Click/Tap this link: <https://covid19.ca.gov/pdf/guidance-fitness.pdf>
- **Interested in guidance in sectors other than fitness facilities for COVID-19?**
Click/Tap this link:
<https://www.cdph.ca.gov/programs/cid/dcdc/pages/guidance.aspx#>
- **What can I do as a member of this society in order to take preventative action against COVID-19?**
Click/Tap this link: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html>
- **Frequently asked questions about COVID-19**
Click/Tap this link: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#Coronavirus-Disease-2019-Basics>
- **What do the statistics have to say about COVID-19?**
Click/Tap this link: <https://update.covid19.ca.gov/#top>
- **What you should know about COVID-19 to protect yourself and others.**
Click/Tap this link:

APPENDIX A



COVID-19: Screening Checklist – for Visitors and Staff

On March 13, 2020, CMS and CDC updated guidance on restricting all SNF visitors and non-essential healthcare personnel, except for certain compassionate care situations. **ALL individuals** (staff, other health care workers, family, visitors, government officials, etc.) entering the building must be asked the following questions:

1. Has this individual washed their hands or used alcohol-based hand rub (ABHR) on entry?

- Yes No – please ask them to do so

2. Ask the individual if they have any of the following respiratory symptoms?

- | | | |
|--|--|--|
| <input type="checkbox"/> Cough
<input type="checkbox"/> Shortness of breath | OR at least TWO of these symptoms
<input type="checkbox"/> Fever
<input type="checkbox"/> Repeated shaking with chills
<input type="checkbox"/> Headache
<input type="checkbox"/> New loss of taste or smell
<input type="checkbox"/> Diarrhea | <input type="checkbox"/> Chills
<input type="checkbox"/> Muscle pain
<input type="checkbox"/> Sore throat
<input type="checkbox"/> Vomiting |
|--|--|--|

- If YES to any, restrict them from entering the building.
- If NO to all, proceed to **question #3 for staff** and **question #4 for all others**.

3. For Staff & Health Care Providers (HCP) (e.g. agency staff, regional or corporate staff, health care workers such as hospice, EMS, dialysis technicians that provide care to residents):

3A. Check temperature and document results: _____ Fever present?

- If YES, restrict from entering the building.
- If NO, proceed to step 3B.

3B. Ask if they have worked in facilities or locations with recognized COVID-19 cases?

- If YES, ask if they worked with a person(s) with confirmed COVID-19?
- If YES, require them to wear PPE including mask, gloves, gown before any contact with residents & proceed to step 4.
 - If NO, proceed to step 4.

4. Allow entry to building and remind the individual to:

- Wash their hands or use ABHR throughout their time in the building.
 Not shake hands with, touch or hug individuals during their visit.

Visitors permitted for compassionate care situation	Staff
<input type="checkbox"/> Must wear a facemask while in the building and restrict their visit to the resident's room or other location designated by the facility.	<p>When there are cases in the community but none in this facility:</p> <input type="checkbox"/> Consider implementing universal use of facemasks for all HCP while in this facility. <p>When there are cases in this facility OR sustained transmission in the community:</p> <input type="checkbox"/> Implement universal use of facemask for all HCP while in this facility. <input type="checkbox"/> Consider having HCP wear all recommended PPE (gown, gloves, eye protection, N95 respirator or, if not available, a facemask) for the care of all residents, regardless of presence of symptoms. Implement protocols for extended use of eye protection & facemasks.

Note: Assisted Living Providers can use this checklist as feasible for their community.

REVISED 4/29/2020