

Per Phase III of the Governor's Reopen Texas Plan, effective June 3, 2020:

In order to keep our instructors and clients safe and to comply with all state and local requirements for re-opening the studio, we will be implementing several new cleaning measures and making changes to our check-in process.

Here's what you need to know!

Clients:

- Capacity has now been expanded to ten (10) clients per class (6/8/2020).
- There should be no loitering inside the studio either before or after your class. Please wait in your car or outside of the studio (with appropriate social distancing) until staff is ready to check you in. The studio door may be locked until check-in can begin.
- A staff member will need to check your temperature with an infrared thermometer prior to checking you in for your class. This temperature check should be the only time when the recommended social distance of 6 feet is not observed while you are in the studio. If your temperature reads 100 degrees or higher, you will be asked to step aside for a re-check. Please be patient as other class participants are checked in. If upon re-check your temperature continues to read 100 degrees or higher you cannot participate in class. You will not be charged for the class.
- Use of the iPad for client check-in is temporarily suspended. All check-ins will be completed manually by a staff member.
- Use of the storage cubbies and changing rooms is temporarily suspended. Please minimize the number of personal belongings you bring into the studio. All personal items will be taken with you to your designated reformer and stored underneath during class. The restroom remains open and may be used for changing clothes, when needed.
- Towels will be temporarily unavailable for personal use, if you know you will need a towel during your workout, please bring one with you.
- Please use hand sanitizer or wash your hands before going over to your reformer.
- In-studio retail sales are temporarily suspended to minimize contact between clients and the instructor. Purchases will be limited to socks, towels and class packages as needed.

- **Please wear a mask when entering the studio, especially when the instructor is checking your temperature and attendance.** It is recommended and you are encouraged to wear your mask at all times while in-studio, but it will not be required while working out. Additionally, the Governor's Open Texas Strike Force advises participants on the use of gloves that fully cover from the wrist to fingertips. Please be advised that clients should be providing their own mask and gloves.
- If you meet any of the following scenarios or have been in recent contact (within the past 2 weeks) with anyone in the following scenarios, we kindly ask you to refrain from coming into the studio at this time:
 - Tested positive for COVID-19, regardless of whether asymptomatic or not
 - Displaying any symptoms similar to those of COVID-19
 - Traveled to/from any foreign county
 - Participated in any large group gatherings (10 or more) where social distancing was not practiced and face masks were not worn.
- If you, or someone in your household, is recovering from COVID-19, per CDC Guidelines dated 5/4/2020, you are required to maintain isolation for at least 10 days *after illness onset* and at least 3 days (72 hours) *after recovery*. Illness onset is defined as the date symptoms begin. Recovery is defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms.

Pre/Post Cleaning Requirements:

1. Equipment wipes should be used prior to workout. When throwing away wipes, please properly distance and use the hand sanitizer or wash your hands prior to returning to your reformer area.
2. Post workout cleaning requirements:
 - a. Spray disinfectant on all machines and equipment used, including straps, ropes, handles, and all wooden and metal surfaces that you have come into contact with. Place all props (weights, ball etc.) on the bed of the reformer, spray down and allow cleaner to stay in

contact with surfaces for at least 60 seconds, then use a towel to wipe all surfaces.

- b. Towel should be disposed of in the laundry bin and hands should be sanitized or washed before leaving. Please properly social distance when putting towels away.

Restroom Use:

Please spray all surfaces you've touched with the sanitizer spray, including toilet seat, toilet handle, water faucet knobs, and door handles on both sides of the door; that way surfaces are disinfected between clients.

Additional Protocols:

In addition to the steps we're asking our clients to take, all staff members are taking additional measures to ensure a safe and healthy environment. Staff are required to self-certify temperature at least 30 minutes before class, and have to complete an additional cleaning checklist. Instructors will wear masks any time they are in close proximity with clients: when taking temperatures, when walking between reformers occupied by clients and when demonstrating on a reformer during class. Instructors are advised to wear their masks at all times while clients are in studio, but they may remove their masks when teaching from the back of the studio, or if a class is smaller, they are an appropriate distance from any clients.

In addition to the changes in cleaning steps required for staff and clients, we will be sanitizing the studio nightly. Pending delivery of ordered equipment, overnight sanitation will now include the use of UV-C light sterilization of all equipment, reformers, surfaces and the bathroom.

Signs will be posted throughout the studio with cleaning instructions and compliance requirements. For the health and safety of everyone at the studio, please follow all posted signage and instructions.

Resources:

Open Texas Checklist for Gyms/Exercise Facilities

<https://gov.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Gyms-Exercise-Facilities.pdf>

Open Texas Checklist Gym/Exercise Facility Patrons

<https://gov.texas.gov/uploads/files/organization/opentexas/OpenTexas-Checklist-Gym-Exercise-Facility-Patrons.pdf>

