

## COVID – 19 GUIDELINES



Please take a few moments to read over and familiarize yourself with our NEW protocols, policies and expectations moving forward.

As per Rhode Island Department of Health state regulations, we will be extremely strict with class sizes and will be taking necessary precautions.

### **General Class Information:**

- Classes will be strictly capped at 11 members, with one coach.
- You **MUST** pre-register for class. Walk-ins will not be permitted to workout regardless of class size.
- Masks or face coverings **MUST** be worn to enter our facility.
- Drop-ins will be permitted to join classes so long as they pre-register.
- Class cancelations will only be accepted up to **one hour** before their start time.
- There will be a \$20 *no show fee* charged to your account if you do not show up to your class or do not cancel prior to the **one hour** requirement.
- Classes will be adjusted to last no longer than 45 minutes in order to prevent overlap and allow for ample cleaning and disinfecting.
- The parking lot has limited availability for cars, please park on the street.
- Whenever possible, classes will be held outside. Class location (inside or out) is coaches choice.
- Doors will remain open during class times to increase air ventilation, ***please do not enter the building at any time outside of your assigned class time.***
- No members should congregate before or after classes.
- Once class ends and equipment has been cleaned and disinfected, members must leave the gym. No one will be permitted to stay inside for "accessory" work.
- No personal equipment can be kept at the gym.
- Only one individual is permitted in each bathroom at any given time.
- We will not be offering open gym hours at this time.
- Whenever in common spaces, you must wear a FACE MASK/COVERING. **If you are not working out or warming up a face covering/mask MUST BE WORN.**
- Due to state capacity requirements, only registered members will be permitted within the building. Unfortunately, this means children will not be allowed to enter the building.

### **Memberships:**

- Memberships must be purchased PRIOR to your arrival at the gym, as you must pre-register for any and all classes.
- Renewal of memberships MUST be purchased online, coaches will not be able to assist you with memberships before or after classes.
- If you have questions or need assistance with your membership, please contact [oneasteriskcrossfit@gmail.com](mailto:oneasteriskcrossfit@gmail.com)

### **Arrival:**

- You must provide the coach with a verbal response to posted screening questions prior to entering the building. ***If you are exhibiting any symptoms you will not be permitted into the class regardless of registration status.***
- The gym will be opened for you five minutes prior to the start of class.
- When you enter the gym, you will be required to use provided hand sanitizer.
- "White board briefings" will take place from your individual, designated workout spaces, not the front area.
- Late Entries will not be allowed.

### **Workout Space:**

- The gym will have designated workout "asterisks" marked throughout.
- Spaces will be boxes that will allow members to keep a 14-foot distance from other individuals.
- Upon arrival, please bring your water bottle, grips, knee sleeves, etc. needed for **THAT CLASS** with you to your workout space.
- Disinfectant and towels will be available for cleaning. Please use one towel to clean all your equipment then deposit dirty towels in the "Dirty Towel" bin at exit.
- Towels are for CLEANING ONLY.
- Communal chalk will not be provided in the beginning stages of reopening. Chalk blocks are available for purchase for \$3.00. Chalk may not be shared amongst members.
- We will not be able to allow the use of small white boards and markers, so if you'd like to "count" or keep track of your rounds/ reps, you need to bring something of your own.
- Bring your own towel for sweat and any needed mats/towels for outside workouts.

\*If you are sick and have any symptoms, **PLEASE STAY HOME.**

\*If at any point you are tested for COVID-19 and receive a positive result, you **MUST** stay out of the gym for two full weeks regardless of presence of symptoms.

\*Face masks/ coverings are required for entry to the building.

\*6 foot social distancing must be maintained at all times.

-The Coaching Team at One Asterisk CrossFit