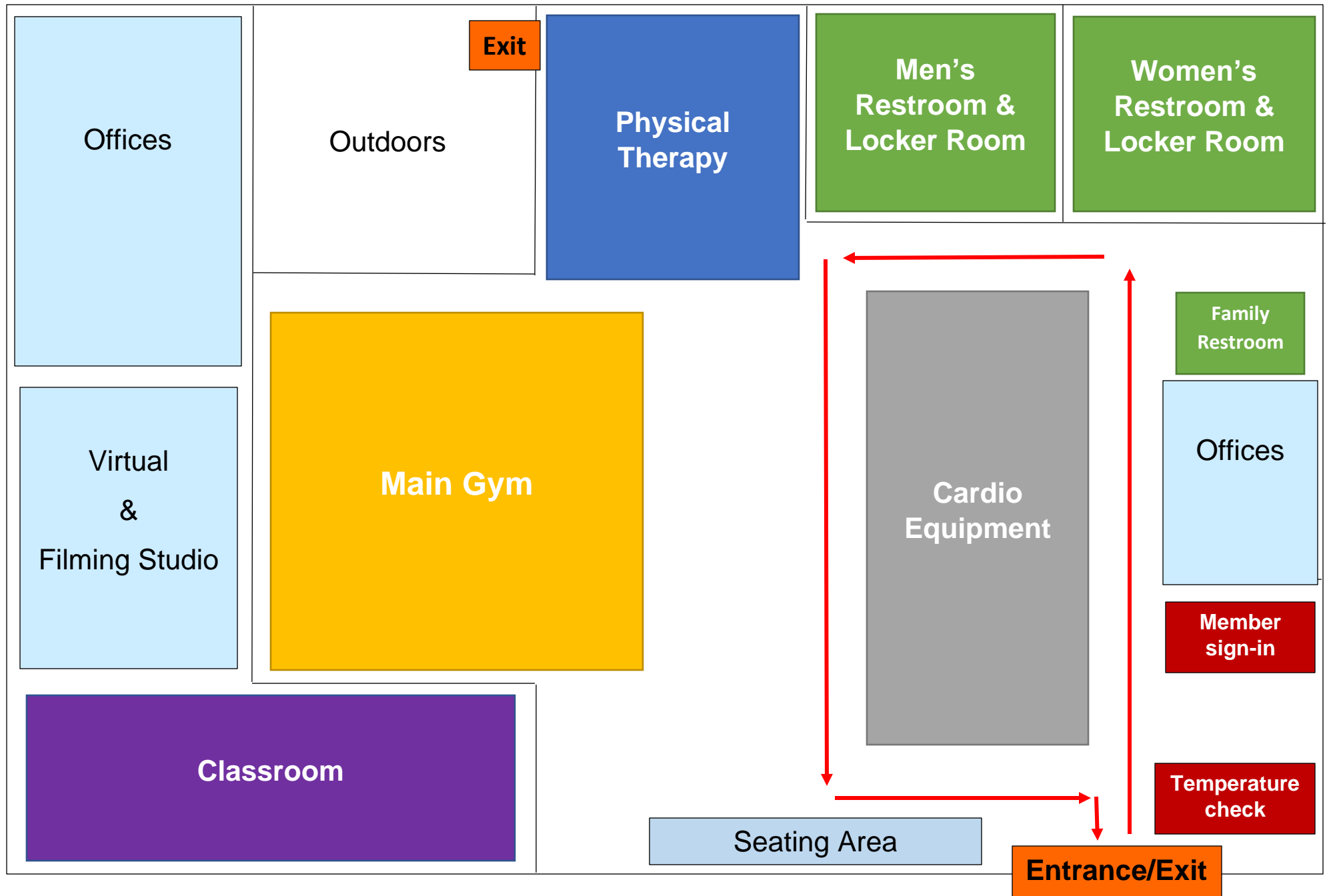


# PWR! Gym Layout



Our hope is that members of the PWR! Gym continue to abide by CDC guidelines when they are away from the PWR! Gym. Your partnership will help us protect the greater community and keep our doors open for you.

**The following protocols have been put in place to prevent the spread of COVID-19 at the PWR! Gym:**

1. For the health and safety of the PWR! gym community, please stay home and do not enter the gym if you or someone in your household have: fever, cough, muscle pain, shortness of breath, difficulty breathing, chills, sore throat, loss of taste or smell, or flu like symptoms. If you or someone you are in close contact with experience any symptoms consistent with COVID-19, we kindly request that you follow our COVID decision tree to determine whether you are safe to remain at or return to the PWR!Gym.
2. If you or anyone in your household receives a positive COVID test, we ask that you do not come into the gym. Isolate yourself within your home and monitor your health for symptoms of COVID-19 for 10 days after your last contact or positive test. Please see the COVID decision tree for more step-by-step details on your course of action. We kindly request that the entire household stays home until a negative test is obtained and symptoms cease. Again, you must be symptom free and fever free without medication for 3 days.
3. Please put your mask on before entering the gym. Masks are required for **ALL** members/guests while in the facility. This includes during workouts. Your mask must completely cover your nose and mouth. Masks with valves are not acceptable. Face shields worn alone are not acceptable. If you do not bring a mask, one may be purchased from us at a cost of \$1.00.
4. Please sanitize hands upon entering. There will be hand sanitizer at the temperature screening station right inside the entrance. Hand sanitizer stations have been placed throughout the gym.
5. Temperature screenings will be conducted upon entry. Once inside the door, please go to the contactless temperature station. Sanitize your hands. Step on the "stand here" floor marker to have your temperature checked. You just stand there for few seconds and your temperature will be taken. Your temperature must be under 100°.
6. After your temperature has been screened proceed to the sign-in desk. We are requiring any person who walks through the door to sign in so that in the event of a COVID-19 positive test, we can alert you that you may have been exposed.
7. All members must sign a COVID waiver. If you have not signed the COVID waiver, you can do that at the sign-in desk.
8. After signing in, if you are here for a physical therapy appointment, please have a seat in the waiting area and your therapist will come to get you.
9. After signing in, if you are here for a class, please go to your assigned class location.
10. Please follow directional signs for one-way flow of traffic through the facility.
11. Physical distancing is in effect. Please maintain more than 6 feet between you and others who do not live in the same household.

12. There is limited seating in the lobby to ensure physical distancing. Because we will have limited seating available, we would like to prioritize seating for family members or care partners who are bringing members to their class or physical therapy appointment.
13. Please bring your own water bottle labeled with your name on it. Bottles of water will be available for purchase at a cost of \$1.00.
14. Class sizes will be limited to ensure enough space for physically distancing.
15. Use of equipment will be limited to one user at a time. If equipment needs to be used by multiple people, it will be sanitized before and after use.
16. Lockers and shower use will be available upon request.
17. Coffee service will be suspended at this time.
18. All staff have been trained and comply with all CDC and AZ Health Department guidelines for cleaning and sanitizing.
19. The PWR! gym staff will be held to the same COVID-19 symptom and screening protocols as our members.

Our hope is that members of the PWR! Gym continue to abide by CDC guidelines when they are away from the PWR! Gym. Your partnership will help us protect the greater community and keep our doors open for you.

**The following protocols have been put in place to prevent the spread of COVID at the PWR! Gym:**

- Please arrive to class 10 minutes early to allow for time to complete your health screening before you go to class.
- Masks are required for all participants. If you need to remove your mask to take a break, you must go outside. It is okay to briefly lower your mask to have a sip of water during class.
- Class size will be limited to allow for appropriate physical distancing.
- Participants will be spaced at least 10 feet apart. Designated spots will be marked on the floor.
- Classes will end 10 minutes early. This will allow members time to clean their exercise equipment and stagger members as they leave class to maintain physical distancing.
- Equipment will be limited to one user at a time. If equipment needs to be used by multiple people, it will be sanitized before and after use.
- All cardio equipment has been spaced out at a safe distance. When we do resume using the cardio equipment, as an extra precaution, only every other piece of cardio equipment will be used. Allowing additional space between users.
- Please bring your own water bottle labeled with your name on it. We will have bottles of water available for purchase if you need them.
- We encourage you to bring your own yoga mat. Yoga mats will be available upon request.
- Boxing class participants must bring their own gloves and wraps.

### **Why are masks required?**

To prevent spreading the virus to others it is important to cover your mouth and nose with a cloth face cover when around others. Everyone should wear a cloth face cover in public settings and when around people who do not live in your household, especially when social distancing measures are difficult to maintain. Wearing a mask in gym settings is both a state health mandate AND a PWR! Gym mandate to participate.

### **Why do we need to physical distance ourselves from others?**

The CDC recommends 6 feet. We are being extra cautious and spacing members at least 10 feet apart. Increasing the space between individuals and decreasing the frequency of contact will reduce the risk of spreading COVID-19.

### **Why do we have to sign-in when we come in for an appointment or class?**

We need to maintain a record of who is in the facility and when. In the event that someone comes down with COVID-19, we will have the necessary information to contact those who may have been exposed.

### **Why are you implementing one-way flow of traffic through the facility?**

To maintain physical distancing between members moving through the facility.

### **What kind of ventilation does the gym have?**

Our facility has a standard ventilation system required for gyms for high density use. This means that the air cycles frequently and is not stagnant. To keep the air circulating through the gym, we will also open the doors to the outside air and use fans to help move the air.

### **Will we be safe on the cardio equipment?**

We may not use cardio equipment for classes at the start. When we do resume using the cardio equipment, as an extra precaution, only every other piece of cardio equipment will be in use, allowing additional space between users.

### **Why isn't there any coffee service?**

We know that there is nothing better than having a cup of coffee and a chat after class. For now, to avoid spreading germs (and having people congregate closer than 6 feet apart) we are going to halt coffee services. If you would like to sit and talk with your PWR! friends, we request that you move outdoors to keep the gym area safe.

### **Why are classes ending 10 minutes early?**

Classes will end 10 minutes early to allow everyone time to clean their exercise equipment and to stagger class members when they leave class to maintain physical distancing.

### **What happens if a case of COVID-19 is identified?**

The health and well-being of our members and clients is a top priority for the PWR! Gym. If a case of COVID-19 is identified, this does not necessarily mean you were exposed. We will maintain a record of who is in the facility and when. This will allow us to contact those who may have been exposed. All surfaces in the exposed area will be cleaned and disinfected. The CDC defines “exposure” as having been within 6 feet of a person with a positive COVID test for more than 15 minutes in a 24 hour period, even with a mask.

If you were in close contact with someone who is confirmed to have COVID-19, please follow the CDC guidelines. Also see PWR! Gym COVID-19 decision tree for guidelines.

Our hope is that members of the PWR! Gym continue to abide by CDC guidelines when they are away from the PWR! Gym. We are all in this together, so as a group, we ask that you do your part to reduce your risk of infection both inside the gym and out in the community.

### **What do I do if I test positive for COVID-19?**

We ask that you call and alert us immediately if you test positive for COVID-19. By doing this, we can alert anybody who may have been exposed, and we can reduce the risk of others being infected. We will then expect you to follow the CDC guidelines before returning to the PWR! Gym.