

## FQ10 CLEANLINESS & SAFETY STANDARDS

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### Safety/Cleanliness:

- **Cleaning Protocols-** In addition to our existing continuous cleaning protocols, we are adding deep cleaning and disinfecting of the entire facility 3 times per day which includes the gym areas, the Pilates/Yoga studio, the locker rooms, the bathrooms, and the lobbies.
- **Disinfection Procedures-** Medical grade, EPA registered disinfectant [Re-Juv-nal](#) which is designated effective against COVID 19 will be used for all our continuous and deep-cleaning processes.
- **Sanitation Stations-** There will be “sanitation stations” located throughout both facilities (6 downstairs, 3 upstairs) that will have hand sanitizer, disinfectant wipes and a Re-Juv-nal spray bottle in each station.
- **Sanitation Expectations-** Clients/Members will be asked to use hand sanitizer upon arrival and frequently throughout their visit. Hand sanitizers will also be available at new touchless stations throughout the facilities. Clients/Members will be asked to wipe down equipment before and after use.
- **Temperature Checks-** Clients/Members and staff will have temperatures taken prior to entering the facility with touchless thermometers. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility.
- **Limited Capacity-** We are limiting the number of people we are allowing in the upper gym, Pilates/Yoga studio, lower gym and locker rooms at any given time to allow for appropriate physical distancing. We ask that you arrive to your appointment on time (and not early to your appointment time. Please do NOT congregate in the lobby while waiting for a training session. You can begin waiting out front or start doing building walks. :) If you are waiting for a massage appointment, you are welcome to wait in the lobby. All massage therapists will wear masks during their session.
- **Personal Protective Equipment (PPE)-** Our staff will be provided with face masks and gloves which will be required to be worn at all times. Clients/Members will be required to wear masks at all times. It is recommended but not required for members to wear gloves during their visit.
- **Temporarily On Pause-** During the initial reopening period, the showers and saunas will be closed.
- **Give Each Other 8’-** So staff and clients can give each other enough space, training zones have been designed and physical distancing cues will be marked in the gym areas, Pilates/Yoga studio, lobby areas, and locker rooms. Physical distancing signs will show what equipment is available for use, and signs will be placed throughout both facilities to remind clients to wipe down equipment after use and to practice physical distancing.

- **Front Desk Etiquette-** Temperature checks and hand sanitizer use will be required prior to entering the club. Visual check-in will allow for safe and seamless entry to the club. Cubbies and baskets are designated for only one clients' personal items at a time.
- **Group Fitness Etiquette-** To ensure physical distancing, we have limited the capacity of all group fitness classes. We will utilize the outdoors during classes also so that rarely will all athletes attending class be inside at the same time. After you complete each station you will clean your equipment using our 'Sanitation Station' before moving on to the next station. Advanced booking will be required to attend all small group training and large group classes. You can call in to reserve your spot or leave a message at 858.271.1171. All group fitness classes will be outside or in an area of the gym to allow for appropriate physical distancing.
- Classes upstairs (Yoga and Pilates) will have a maximum of 5 people in a class.
- **Classes and sessions will last 45-minutes** to allow for maximum cleaning AFTER all classes and sessions.
- **Gym Etiquette-** To facilitate physical distancing, we will reduce equipment available for use. Select equipment will be unplugged and clearly marked to facilitate physical distancing. 30-minute time limits may be imposed on equipment, if necessary. Members will be asked to practice physical distancing etiquette during Personal Training and Pilates sessions. Trainers and instructors will remain six feet away from clients and all cueing and corrections will be done verbally. Virtual Personal Training and Virtual Pilates will continue to be available on ZOOM.
- **Locker Room Etiquette-** No more than 3 people allowed in the men's or women's locker room at any given time to allow for physical distancing. Locker room high-touch amenities will be paused with the exception of feminine hygiene products.

#### **PROCEDURES:**

- Please wear a mask at all-times while inside the facility.
- Temperatures will be taken upon entering the facility.
- Please bring in your own towel for each workout. We will NOT be supplying hand towels or bath towels. This is a REQUIREMENT. You MUST have a towel in order to workout.
- Please wipe down your equipment immediately after using it (mats, Dumbbells, bars, etc.)
- Gloves are recommended but not provided.
- No high-fives, hugs, or hand-shakes. That pains me to say that but for now, let's smile, give energy, and ENJOY that we are back!!!
- Classes & sessions will be 45-minutes to allot for cleaning AFTER sessions.
- There will be hand sanitizing stations throughout Fitness Quest 10. Please be sure to wash your hands when complete with your workout.
- We will be limiting the number of sessions to 25% of capacity at any one time throughout the day.
- Sessions will be dispersed between upstairs (ROOTS), outside, downstairs).
- Once we bring back group fitness classes we will have a limited number of classes the first 2-weeks. Please check the schedule for weekly updates as to when we will start having classes. We will have new hours coming out on Sunday, June 21<sup>st</sup>, keep your eye on an email for the new hours! Our weekend hours for June 20<sup>th</sup> and 21<sup>st</sup> are....  
Saturday: 7 am-12 noon

Sunday: 9 am-1 pm.

**There are TWO things you must bring with you to EVERY workout (client or member; Pilates, yoga, or regular training):**

- 1. Mask.**
- 2. Towel.**

**You will not be permitted to workout without either one.**

**Clean-up after yourself immediately upon finishing every set!**

Have additional questions, comments, or concerns? Please email General Manager Jeff Bristol at [jeffkbristol@gmail.com](mailto:jeffkbristol@gmail.com)