Fitness Studio Response to Covid

Safety Practice and Mitigation Protocols
Current Operation

- Membership Only (control and connection)
- Class Reservation System (most have this ability)
- Small Group Sizes (under 15)
- Ability to Control the Environment
Distancing Practices

- Pre-Covid: Typical 7x7
  - Some shared equipment
  - Member based set-up
  - Member wipe downs
  - Egress through standard lobby
Distancing Practices

- Post (Intra)-Covid:
  - 12x12
  - No Share Equipment
  - Member provided Mats
  - Egress through larger doors. Controlled release.
  - Equipment Set Up by staff.
  - Staff disinfecting
Other Mitigation

• Limit classes to 13 (equates to min of 144 sq ft per member)

• Sanitizing stations throughout

• Elimination of high touch areas
  • Such as check in stations, common chalk, yoga mats

• Staff face covering

• Encouragement and education of member base
Employee Safety

- Company provided PPE
  - Mask and coverings, gloves, sanitizers
  - Cautious program of employee leave
    - You think you are sick, stay home, no questions asked (kinda)
  - Constant cleaning and disinfection of the workspace
Member Safety

- Elimination of high touch areas
- Hourly disinfection of the workout environment and equipment
- Education and encouragement of best practices to reduce transmission
- Providing of sanitizing and washing stations
- Closing of changing rooms and
Current Needs

- A date
  - We will get more of our people involved and engaged

- Clarity of guidelines and laws (with a differentiation)

- Approved signage

- A small business portal with a resource bank

- Possible place to get questions answered (webchat or Zendesk)
QUESTIONNAIRE RELATING TO THE ECONOMIC RECOVERY PHASES OF COVID-19 AND PLANS, GUIDELINES, AND NEEDS RELATIVE TO THE SAFE OPENING OF BUSINESSES AND OTHER INSTITUTIONS

Company/Organization Name: CrossFit San Jose
Industry/Sector: Fitness
Date: 6/04/2020

1. Are you open or partially open? NO
   a. Are you an essential business? NO
   b. Are you open under an exception such as: NO
      i. Outdoor Business?
      ii. Pickup/Delivery?
      iii. Curbside Retail?
      iv. Food Distribution?
   c. Have employees and customers cooperated with the health safety protocols? YES
   d. To your knowledge, have employees or customers become infected with COVID-19? NO

2. How many of your activities can be moved outdoors? None

3. For indoor activities:
   a. How can social distancing be maintained at points of ingress and egress, where people normally cluster?

      We have closed the lobby and manage controlled entrance through the larger roll up doors. Signage to instruct.

   b. How can employees and visitors be protected from transmission of the virus (e.g., no-touch temperature checks, hand sanitizer, masks, and face shields)?

      Employee face coverings, hand sanitizer stations, temp checks and questionnaire.

   c. How will Personal Protective Equipment (such as face covering and gloves) and hand sanitizer be provided before entry?
PPE will be encouraged of guests, hand sanitizing will be provided outside of the building.

d. Can the times of activities be staggered to reduce the amount of people gathered at any one time?

YES

e. Can customers make appointments to gain entry while inside capacity is restricted?

YES

f. How can social distancing be maintained inside your premises?

We run structured group classes. 12’x12’ areas will be marked out for member use. Traffic lanes to and from will be marked out.

4. What is your plan to acquire and distribute Personal Protective Equipment (like masks and gloves) and testing to your employees?

We have already purchased ppe and thermometers. The business will provide them to the employees.

5. How can you adapt to accommodate different size gatherings that may be allowed by the Public Health officer? (Smaller gatherings are likely to be allowed before very large ones.)

We don't have large gatherings. Our classes will be restricted to 13 or less.
6. To meet the need for possible contact tracing, how would you maintain lists of employees and visitors with their contact information for contact tracing? (It is understood that lists of attendees would only be provided in the event of an infection that needed to be traced, and then only to public health personnel trained in medical confidentiality.)

We currently maintain electronic records of reservation and attendance.

7. In order to assist safe and productive re-opening, what are your needs relative to:
   a. Regulation? The ability with the city of Campbell to operate some classes outside (zoning)
   b. Licensure? NA
   c. Childcare? NA
   d. Housing? Rent assistance/mandated forbearance for business forced to shutdown for months.
   e. Digital Inclusion? NA
   f. Commute-Free Working? NA

8. If you have been opened or partially opened, what challenges have you experienced?

We have not been open.

9. If you have been opened or partially opened, how has the community’s adherence and response to the COVID health safety protocols been?

We have not been open.