

## **Belltown Strength and Conditioning COVID-19 Safety Plan**

To ensure the safety of our clients, trainers and community, Belltown Strength and Conditioning will start implementing a COVID-19 exposure control, mitigation and recovery plan that complies with the Federal and Washington State requirements for Phase 2 operations. Below is our written procedure it can also be found on our website here: [www.belltownstrength.com/covid](http://www.belltownstrength.com/covid)

### **Personal Protective Equipment (PPE) Utilization**

All trainers and staff have been provided personal protective equipment (PPE) that is appropriate or required to employees for the activity being performed.

All trainers will be required to wear face masks while teaching class when possible.

Signage has been posted at the entrance of our business to strongly encourage our customers to use cloth face coverings when inside the business.

### **On-location Physical Distancing**

Trainers and clients will be required to maintain a minimum six-foot separation in all interactions at all times when possible. Examples of when trainers can move within the six-foot separation; spotting or correcting form for client health and safety.

We have created separated stations in the gym, outlined by tape, and have isolated equipment to those stations to ensure clients maintain a minimum six-foot separation during class.

Clients will be reminded to keep a 6 foot distance while waiting for class, the bathroom or water machine. We will also recommend that clients wait outside for class to start when possible.

Will have adjusted our programming to ensure classes stay consistent and will meet all of the COVID-19 safety requirements.

Per the government guidelines, we are not allowed to provide towels or water cups. Clients must wear training attire to the gym, and can bring their own towel. Additionally clients can bring their own water bottles to use at our water and refill stations.

### **Hygiene and Sanitation**

All clients are required to wash their hands or use facility provided hand sanitizer upon entrance to the facility and prior to entering the training floor. This will be confirmed by the trainer.

Trainers will wash their hands and use hand sanitizer before and after each training session or class.

We will be creating stations in the gym and isolating equipment to ensure no equipment will be touched by two separate individuals before it is cleaned. Equipment will be sanitized immediately after each class. Sanitation spray or wipes will be dispersed throughout the training floor.

Trainers will engage in additional cleaning in between classes.

Hand sanitizer, paper towel, Kleenex and other sanitizing items will be available throughout the entire gym.

All sanitation workers disinfecting these areas will be provided appropriate personal protective equipment (PPE) for these work tasks and trained on hygiene and sanitation expectations.

## **Symptom Monitoring and Screening**

All trainers will be screened with the following questions before every class:

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

All trainers will be required to take their temperature at home prior to arriving at the gym and report any signs/symptoms of COVID-19 prior to their shift starting.

A safety briefing will be conducted by the trainer at the beginning of each personal training session and class to screen clients. The state of Washington does not permit us to train high risk clients as part of Phase 2 operations. The state of Washington defines high risk clients as people over the age of 65, people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised.

Clients will not be allowed to enter the gym if they are high risk or have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is

suspected to have COVID-19 (within the last 14 days). Clients are responsible for identifying if they are high risk.

## **Incident Reporting**

If a client is feeling ill during class they are required to tell the trainer and immediately leave the gym.

Trainers are required to report any COVID-19 related issues or incidents to the gyms designated COVID-19 Supervisors.

Both Hannah Hutson and Tony Rome will be designated COVID-19 Supervisors who will monitor the health of employees and enforce the COVID-19 job site safety plan. If anyone has questions they can contact Hannah and/or Tony through email at: [info@belltownstrength.com](mailto:info@belltownstrength.com)

## **COVID-19 Safety Training**

All Belltown Strength and Conditioning staff and contractors have been educated about coronavirus and how to prevent transmission and the employer's COVID-19 policies.

Trainers will be responsible for ensuring that the clients understand COVID-19 Safety Plan and that it is being adhered to.

A safety briefing will be conducted at the beginning of each personal training session and class to re-emphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.

Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time or before taking class.

## **Exposure Response Procedures**

Trainers and clients will be sent home if they're sick or feel sick. If a trainer or client reports feeling sick and goes home, the area where the person worked will be immediately restricted until it is disinfected.