



## COVID-19 REOPENING POLICIES & PROTOCOLS

Although the studio has been approved to reopen as part of Phase 2, Step 2, we acknowledge that this doesn't mean that the threat of COVID-19 has disappeared. We take your health and safety very seriously. Below is a list of the mandatory and studio-specific safety standards we are practicing in order to keep the studio safe for both clients and trainers.

### SOCIAL DISTANCING

- All personal training sessions will be limited to one client (or two from the same household).
- No guests should accompany the client during their session.
- Face coverings will be required for both the client and the trainer if social distancing is not possible (ie: trainer correcting a client's form).
- Gloves will be worn by both client and trainer during the entire session. Gloves will be provided by the studio and may be discarded after. Trainers will wash hands and change their gloves between each session.

### HYGENE

- A no-touch hand sanitizer dispenser is available for use upon entry (required) and exit of the studio. Trainers will use this dispenser before and after each training session.
- A no-touch soap dispenser is available for use in the restroom. Clients and trainers are required to wash their hands for a minimum of 20 seconds every time they use the facilities.

### STUDIO OPERATIONS

- Clients and trainers should not come to the studio if they are experiencing COVID-19 symptoms or have a temperature.
- Access to the lounge (waiting room) will not be permitted.
- When client's arrive, they should text the studio phone (617-352-8421) and wait outside of the building (or inside on the ground level) until they receive a response that it is OK to come up to the studio.
- Clients may store their personal belongings in the lounge lockers during their session. Lockers will be disinfected once session is over.
- Parker Cote Elite Fitness will maintain a log of trainers and clients to support potential contact tracing (name, date, time, contact information).
- Clients can no longer use the studio water dispenser/cups. It is expected that clients bring their own water. If they run out, the trainer will fill up their water bottle for them.
- Upon first visit since COVID-19, clients will be asked to sign a protocol acknowledgement form and asked if you have been in contact with any COVID-19 positive people.

### CLEANING & DISINFECTING

- All used studio equipment, facilities and other commonly touched surfaces (door knobs, elevator buttons, toilet seats, etc.) will be disinfected following each training session.
- In the event of a positive case of a trainer or client, Parker Cote Elite Fitness will shut down and wait 24 hours before cleaning and disinfecting the studio in accordance with current CDC guidance.

### FOR EACH SESSION:

#### ARRIVE

- When you arrive, text the studio phone (617-352-8421) and wait outside of the building or inside on the ground level until you receive a confirmation text that you can come up to the studio.
- Once you arrive, you will be asked to sanitize your hands and put on a new pair of studio-provided gloves.
- For first time sessions since COVID-19, you will be asked to sign a protocol acknowledgement form and asked if you have been in contact with any COVID-19 positive people.

#### TRAIN

- All previously-used training equipment will be sanitized prior to your session.
- A mask will be worn by both you and your trainer in cases when social distancing is not possible.

#### DEPART

- Dispose of your gloves, sanitize (or wash) your hands and exit the studio via the stairs or elevator.

### QUESTIONS OR CONCERNS:

617-352-8421

[parker@parkercotefitness.com](mailto:parker@parkercotefitness.com)