



COVID-19 Rules & Regulations

1. All classes will be capped at 10 athletes.
2. You MUST sign- up for class using ZenPlanner – anyone “just showing up” will not be allowed into the class, regardless of available spots.
3. All athletes must arrive to class on-time – late arrivals will not be permitted into class.
4. Athletes must remain outside the main WOD space until their scheduled class time. Strict social distancing measures must be followed and masks must be worn. Please follow the markings on the floor.
5. If you are feeling sick, DO NOT come to the gym.
6. You must remain within your designated WOD space for the entire class.
7. Community chalk **will not** be available. If you bring in a large Ziploc bag (gallon or larger) you will be provided you with your own chalk.
8. Each member will be provided their own chalkboard and chalk. Community chalkboards will not be available.
9. Drop-ins will not be allowed until further notice.
10. Lingering inside the building is not allowed. Please leave the building when you are finished with class.
11. The water service will be unavailable until further notice. We will have water for sale at the box, but we suggest you bring water with you.
12. Locker rooms and communal areas will be unavailable until further notice.
13. Children will not be allowed in the gym until further notice.

Please note – there are NO EXCEPTIONS to any of the above rules & regulations.

Procedure for Entering the Building

1. You must wear a mask when entering the building.
2. All athletes are to remain in the "open gym" room until their scheduled class time.
3. Please follow the marks on the floor – there are 10 "X's" – you must remain on the X until it is time to move forward – follow the arrows to move to the next X.
4. All athletes are to have their temperature taken prior to entering the main WOD space – you MUST wear a mask until your temp is taken.
 - A. Approach the table with your mask on.
 - B. The coach will take your temperature. Anyone with a temp higher than 100.3 will be asked to leave the building.
 - C. Sanitize your hands and proceed into the box directly to one of the marked squares.
 - D. You may remove your mask at this time.
 - E. Your gym bag and personal items must remain with you at all times.

Pre-WOD, WOD and Post-WOD Procedures

Equipment required for the WOD will be in your designated space. If there is something additional/extra you need, please ask a coach for assistance.

You must remain in your designated area during the WOD.

You are encouraged to bring a towel, and a mat (for burpees, sit-ups, etc.).

We encourage you to cheer on those athletes who have yet to finish the workout – but please do so from your station.

All equipment must be disinfected once you have finished the WOD, using the supplied sanitizing solution. This is to include the barbell and pull-up bar.

- Please brush out the chalk BEFORE wiping down the barbell.

Once your class time has ended you must leave the building – congregating inside the gym is not allowed.

All athletes will exit via the overhead door with the ramp. No one is to leave via the main entrance.

Bathroom Procedures

No more than 2 people will be allowed in the bathroom at one time.

Please bring the bathroom key IN TO THE BATHROOM with you – do not leave it in the door.

In the event there are two people in the bathroom at the same time, please use your best judgement to maintain at least 6 feet apart – this pertains mostly to hand washing (as the sinks are side-by-side).

You must sanitize your hands at the sanitizing station prior to re-entering the main WOD space.