



#NWPTSTRONG

Standard of Health & Safety

COVID-19 Reopening Plan

As always, the health and fitness of our clients and staff is our top priority. As a result of the ongoing COVID-19 developments, we are constantly monitoring the updates to assure we are taking steps to keep everyone healthy. Here is a summary of how we will re-open the studio to keep our clients and team members safe.

Enhanced Cleaning and Disinfecting Process:

- The cleaners we contract from Cirrus will deep-clean the facility nightly and use a hospital-grade cleaning solution (as recommended for use by the CDC on similar viruses) for all studio cleaning needs.
- Staff will use a disinfectant proven to kill viruses like COVID-19.
 - Personal Trainers will use this disinfectant on all equipment used in between each client. Each Personal Trainer will have their own bottle of Disinfectant available at their individual station.
 - Customer Service reps will use this disinfectant in all common areas and high-touch surfaces such as door handles, light switches, keyboards, computers, locker rooms etc hourly throughout the day.
- Disinfectant spray is available in all workout areas for you to use to wipe down any equipment you touch.
- We will require all staff and clients to use hand-sanitizer and/or wash their hands using antibacterial soap for 20 seconds upon entering and leaving the facility. Hand-Sanitizing stations will be located at the entrance, locker rooms and workout areas.
 - Personal Trainers will wash hands/disinfect in between each client.
 - Each Personal Trainer will have their own bottle of Hand Sanitizer available at their individual station.

Controlling access to minimize exposure:

- The studio will be used for Appointment-only Private, Partner & Small Team Training and we will operate at 30% capacity during Phase 2. This will enable us to control access and assure we can maintain distance between clients. Each trainer will have a specified location within the studio with equipment that will only be used by their clients and disinfected in between sessions. This will enable us to minimize cross-contamination.
 - Clients can also continue to do virtual training to minimize their exposure to public spaces
 - Clients can also choose to train outdoors
 - Personal Trainers will be required to instruct from a distance to avoid any human-contact
 - Personal Trainers will remind you of the distancing protocol and sanitation procedure prior to your session.
 - High risk clients are not permitted as part of Phase 2 re-opening. High risk clients include people over the age of 65 and those with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised.
- Group Fitness classes will continue virtually with some outdoor programming based on Washington State guidelines.
 - Phase 2 enables us to train groups of up to 5 clients per trainer which we will initially start outdoors.
- Signage will be posted to remind staff and clients to maintain 6 feet distance. We will have arrows that will indicate the flow of traffic in and out of the studio.

- Equipment will be positioned to maximize safety or barriers provided to assure safety when 6 feet distance is not possible.
- During Phase 2, the water fountain use shall be restricted to water bottle filling only. It is required that clients bring your own water bottle or purchase a bottle from the studio.
- During Phase 2, Washington State Law prohibits access to showers and sauna within fitness and training studios. Showers will be closed until further notice from the Governor's office.
 - It is mandated by Phase 2 reopening order that all clients must bring their own towel(s).
 - As much as possible, please arrive in your workout attire to minimize usage of the locker room area.

Ventilation:

- We will keep the front door open as much as possible.
- We have instructed our HVAC company to adjust our ventilation system to bring in as much outside air as possible.

Personal Protective Equipment:

- Staff will be required to wear face masks and disposable gloves will be available for their usage.
- It is recommended for clients to wear face masks and disposable gloves will be available.

Staff Health Check:

- NWPT team members will be instructed to stay home if they are sick and/or have flu-like or COVID-19 symptoms.
- Every NWPT team member will have their temperature checked prior to their shift to assure temperature is below 100.4. If necessary, we will ask employees to immediately go home if their temperature is above 100.4 or if they feel or appear sick. If a team member reports feeling sick and goes home, the area where the person worked will be immediately disinfected.
- Every NWPT team member will answer a series of "Health Check" questions prior to each shift.
 - 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?

Client Health Check:

- Client temperature checks are optional. If you would like your temperature checked to assure it is below 100.4, please ask a staff member. We will have a thermometer onsite and available.
- We are required to have all clients sign a waiver of consent and commitment to the studio reopening policies.

Check-in, Scheduling and Purchases:

- To minimize extended exposure, we will control all client check-ins. When you arrive at the studio, please check in with our Customer Service Rep and they will direct you to your trainer's location.
- We are also requesting that all clients schedule and conduct all purchases by phone or using our convenient [Mind Body Online App](#). We are still able to schedule and process purchases at the studio, however, be sure to maintain appropriate distance.
- Products will still be available to purchase; however we ask that you maintain your distance to complete your purchase or ask our customer service rep to add the purchase to your account to minimize contact.

Response in the event of COVID-19 Exposure:

- In the event the studio has been exposed to COVID-19, we will take aggressive safety precautions to disinfect the entire studio. We will cordon off any areas where an individual with probable or confirmed COVID-19 illness worked and/or touched surfaces until the area can be cleaned and sanitized. We have Paul Davis Restoration on Stand-by in the event of exposure. They are the community leaders in terms of disaster restoration, and we have been in communication with them regarding the best preventative measures to have in place at the studio to minimize the risk of an outbreak.
- If there is a reported case of COVID-19 at the studio, an incident report will be completed, and we will communicate with our local authorities to follow all required procedures.
- If there is a reported case of COVID-19 at the studio and you were potentially in contact with that individual, you will be notified immediately however, we will keep the identity of the exposed individual private. Fortunately, we keep records of all client appointments and can easily determine potential exposure.

Client Responsibility: What can you do to keep yourself and our NWPT family healthy?

- If you have a cough, fever, or symptoms of COVID-19 or are not feeling well, please do not come to the studio until you are symptom-free and fever-free for three days. Call us at 360.574.7292 or email info@nwpersonaltraining.com if you need to reschedule. If it is within 24 hours of your session, your trainer will work

on your program development and/or perform any other research that you would like them to do for you.

- If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has, we ask that you do not come to the studio for 14 days or until you've tested negative for COVID-19.
- If you are nervous about being in a public setting, your trainer can conduct your session virtually or outdoors so please let us know what you feel most comfortable with.
- Wash your hands using hot, soapy water for 20 seconds when you arrive at the studio, after using the bathroom, after blowing your nose, coughing or sneezing and just before you leave the studio. This is the best way to control transmission in normal, healthy adults.
- Cover your cough or sneeze. Consider wearing a face-mask to minimize exposure.
- Avoid touching your mouth, nose and eyes with unwashed hands.
- Remember to wipe down any piece of equipment or surface that you come in contact with using the available disinfectant.
- Avoid the usual high fives, hugs and fist bumps with your fellow exercise enthusiasts and trainers and remember to keep a 6-foot distance. Instead use verbal recognition until we are safe to resume physical human interaction.
- Ultimately do whatever you can to keep your immune system strong so that if you are exposed to any virus or bacteria, your body is strong enough to fight it. Here are some tips:
 - Sleep is critical to maintaining the strength of your immune system
 - Hydration helps to assure your immune system is functioning well
 - Consume a high quantity of fruits and vegetables to maintain high levels of vitamins and minerals in your diet
 - Exercise also strengthens your immune system so continue with your workouts
 - Increase your intake of products that reduce inflammation and boost your immune system including turmeric, vitamin c, echinacea, apple cider vinegar, lemon, ginger, zinc, elderberry, and/or herbal teas
 - If you are feeling run down, lighten up your workout volume and intensity and increase your focus and efforts in the above areas.

We are initiating a lot of changes to keep you and our staff safe. A lot of this may seem very overwhelming to you – it is for us too. The way our new safety process will be most effective is if we all work together and do our part to keep us all #NWPTSTRONG. We appreciate your efforts to maintain the overall health and fitness of our entire NWPT Fitness family while minimizing the risk for all.

Our managers Justin Hughes, Kristin Healey and Molly McGarry will be our NWPT site-supervisors assuring that all safety precautions are followed to maximize safety. Moving forward, we will continue to monitor all updates from our health officials and will communicate with you as we move through various phases of re-opening and as restrictions are lifted.

Whether you return to the studio or feel more comfortable training from home virtually and/or outdoors, please know that we are here for you. Your health and fitness continues to be our focus and priority as always. If you have any questions or concerns, please reach out to us at 360.574.7292 or info@nwPersonalTraining.com

Yours in health and fitness,

A handwritten signature in black ink that reads "Sherri McMillan". The script is fluid and cursive, with a prominent loop at the end of the name.

Sherri McMillan and your NWPT Team