



## THE YARD SAFETY PROTOCOLS POST COVID 19

We expect 100% cooperation and will enforce these procedures as we see fit. All members of staff are empowered to remove any members from training sessions that do not comply with these rules and/or show symptoms listed by the CDC.

### How We Are Keeping You Safe in Phase 1 of Our Re-Open:

#### \*Phase 1 duration TBD

- Only attend designated training times. If a player arrives early and if pick-up is late, the waiting process will be outside the training center.
- Classes will be spaced 5 min apart to reduce exposure to added number of people.
- Class size will be limited to 6 members, this includes the trainer.
- Removing community sharing of equipment.
- Creating socially distanced work areas for each member.
- Contact less / distanced coaching.
- There will be two sanitation stations provided for all players. We will provide disinfectant wipes, hand sanitizer, and/or sanitizing foam.
- The entire facility will be cleaned and sanitized twice a month.
- Bathrooms, doorways, and equipment will be cleaned and sanitized everyday.
- Large garage-door will remain open, and large fans will be running to promote air flow.
- We will provide and promote sanitation and social distancing signs at the facility.

### Planning For a Workout

- Bring your own towel, bring your own water, bring your own hand sanitizer.
- Pre-training class at-home temperature check. Any player with temperature  $\geq 100.4F$  should not come to training class.
- Review symptoms list, and do not attend class if you have ANY symptoms <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Staff may ask you to leave if you show symptoms.

### Upon Arriving

- Members will enter through the front door, leave through the back door. Do not enter the facility earlier than specified class time. Do enter promptly at start time.
- Every player will have to go through the no-touch temperature check. Players with  $\geq 100.4F$  will be sent home. (NO EXCEPTIONS)
- Players must wash hands with antibacterial soap before and after workout.
- 3 essential questions you will be asked: a) are you feeling or have been sick? b) have you been exposed to someone with the covid-19 virus? c) do you have a cough/sneeze or high temperature?



### Intra-Workout

- Sanitizing and washing hands between workouts is also recommended upon each individual's discretion.
- Stay in your designated area as much as possible.
- Respect 6 foot social distancing protocols at all times.
- All players will have an assigned spot to leave their water, and backpacks.
- Do not touch other members. "Air high fives" and "shakas" will replace hugs and high-fives.
- No sharing equipment.
- Coughing and sneezing: If you have to, please do so into your sleeve and/or go outside. Wash hands thoroughly after.

**I hereby agree to comply with the above listed rules and regulations until further notice while training at The Yard.**

*Date:* \_\_\_\_\_

x \_\_\_\_\_

\_\_\_\_\_  
*Member Signature & Member Name*