

CrossFit BNI's action plan for reopening include the following:

1. Spacing, Capacity and Activity Limitations

- CrossFit BNI will ensure a minimum of 100 square feet per person, including staff, in any facility.
- CrossFit BNI will prohibit any “open gym” activities. All activities should be planned and scheduled to allow health studios to easily enforce attendance limits.
- CrossFit BNI will ensure a minimum transitional period of 15 minutes between classes/sessions to ensure adherence to social distancing requirements. This will also allow staff to disinfect space and equipment between classes.
- CrossFit BNI will ensure that each participant has (a) a designated training area to create appropriate and consistent physical distance and (b) designated equipment to minimize any physical interaction between participants.

2. Disinfection Methods

- Members and staff will be encouraged to practice personal hygiene standards according to CDC guidelines posted in the studio.
- All equipment and common areas, including restrooms shall be disinfected, according to CDC standards, in between each scheduled activity.

3. Member and Trainer Behaviors

- Members and staff will be encouraged to adhere to the individual behavioral guidelines set forth by the state.
- Trainers will record attendance for each scheduled activity, which may be used to support any necessary contact tracing.
- Members must sign into class online before attending to secure a spot.
- Stay home if you're feeling unwell and/or have any signs of symptoms related to COVID
- Being your own towel to wipe your sweat off yourself and mats. Towels supplied by the gym will strictly be used to clean the equipment with and sanitized each day properly.
- Each member will be required to sanitize all equipment that they touch or come in contact with while in the gym.
- Each station will have a bottle of disinfectant and towels to sanitize your area.
- Bring your own bottle of water/drink. Public water fountain will only be used to refill bottles. The vending machines will still be available to purchase refreshments and snacks.
- Please only bring the necessary gear with you into the gym. Leave your bags in the vehicle.
- Please no standing or lingering around inside the gym before or after sessions. You are more than welcome to gather outside.
- Showering- no more leaving personal hygiene items in the showering area. Bring your own clean towel. Disinfectant will be provided for you to spray the shower down after it is used. Before you leave please let a working staff member and/or Coach Mike know which shower was used for it to be cleaned again as soon as possible.
- Temperatures will be checked before each class.
- If you are sick. Stay home.
- Members can supply their own chalk or purchase chalk from CrossFit BNI.

Print Name _____

Date: _____

Signature _____