



OVERVIEW

MROC Training has taken reasonable measures, including posting signage at all entrances and in strategic and highly-visible locations, to remind employees and the public that they should practice physical distancing and that the use of face coverings is highly recommended.

Floor markings are being used to ensure physical distancing of at least six feet. A capacity plan and reservation system limits the number of patrons allowed inside the gym at any given time.

UPON ENTERING ALL STAFF WILL:

- Self screen and stay at home if sick or exhibiting symptoms of COVID-19, such as a frequent cough, fever, difficulty breathing, chills, muscle pain, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.
- Take their temperature (no admittance over 100 degrees).
- Wash their hands with soap for at least 20 seconds.
- Wear a face covering when in the vicinity of others.
- Maintain physical distancing of at least 6ft whenever possible.

UPON ENTERING ALL GUESTS WILL:

- Self screen and stay at home if sick or exhibiting symptoms of COVID-19, such as a frequent cough, fever, difficulty breathing, chills, muscle pain, sore throat, recent loss of taste or smell, or if they or someone they live with have been diagnosed with COVID-19.
- Wash their hands with soap for at least 20 seconds.
- Maintain physical distancing of at least 6ft whenever possible.

Additional actions WE have taken to prevent the spread of COVID-19:

- Trained all workers how to use EPA approved cleaners and disinfectants.
- Adjusted operating hours to permit cleaning and disinfecting throughout the day.
- Provided workers with adequate ventilation while using cleaners and disinfectants.
- Procured a third-party cleaning company to assist with the increased cleaning demand.
- Provided multiple sanitation stations throughout the facility stocked with soap and water, hand sanitizer, bottles of disinfectant spray, and disposable towels.

Additional actions YOU can take to prevent the spread of COVID-19:

- Wear a face covering when entering and leaving the gym.
- Disinfect your individual exercise equipment after use (required).
- Bring a towel and wear clothing that minimizes the transmission of sweat (required).

Staff and patrons should avoid all forms of direct physical contact until further notice.

Please email info@mroctraining.com with any questions or concerns.



How it's going to work...

Before returning to the gym all members are required to review and sign our 2020 liability release form, which includes an agreement to avoid the gym if you are sick or showing symptoms of being sick. Once this agreement is made you will be able to make class reservations using the Zen Planner mobile application.

When you arrive at the gym there will be a series of symptom screening questions at the front door. Confirm you are not sick or symptomatic and have not been exposed to COVID-19 by **checking yourself in** via the Zen Planner mobile application. If you wish to have your temperature taken a staff member will be able to assist you in the reception area.

NOTE: Temperature checks are mandatory for all employees.

Upon entering the gym you must wear a face covering and go directly to a restroom and wash your hands with soap and water for at least 20 seconds. Proceed upstairs until the start of class, observing physical distancing and face covering protocols as they are posted throughout the gym. Refrain from touching any other members or guests (no fist bumps or hugs).

Do not bring large bags or unessential items into the gym, and leave your children at home to limit unnecessary exposure. We will not be providing community chalk, so please bring liquid chalk with you if needed.

At the start of class your coach will call you downstairs where workout stations have been marked no less than 6ft apart. Pick a station and respect the boundaries of those around you.

The workouts will continue to be full body and incorporate elements of strength training, conditioning, and obstacles. Considerations have been made to limit unnecessary equipment sharing and modifications can be made for anyone not comfortable coming in contact with a high traffic surface (ex: a climbing wall or the pipe traverse).

Hand sanitizer is provided throughout the gym and encouraged to be used as needed.

At the end of your class you'll use a disposable towel and disinfectant spray to sanitize your personal training equipment. Your coach will clean any affected common areas in the 10 minutes allotted between classes, and completely sanitize the gym at the end of their shift (occurring twice daily). This includes mopping the floors and spraying the obstacles with EPA approved disinfectant. A professional cleaning service deep cleans the gym weekly.