



SAFEastieFit for Athletes

Please follow the following protocols for your safety and the EastieFit team safety

- **SAFEastieFit Guidelines**
 - **Athletes must wear their mask at all times while in the gym. No exceptions.**
 - You must arrive with your mask ON!
 - You must keep your mask on even if you are the only athlete in the building.
 - If you forget your mask you will not be allowed to enter the gym.
 - While in the gym,
 - First time that you remove your mask, the coach will remind you to put it back on.
 - Second time that you remove your mask, the coach will ask you to leave the gym.
 - Third time that you remove your mask, your membership will be canceled.
 - **Athletes' Gear - what to bring!**
 - Bring water, towel and yoga mat, if needed.
 - We encourage you to bring only the necessary to train that day.
 - Bags will be allowed! However, if you bring a bag you will keep it in the training box with you. Cubbies and closets will be closed for athletes' gear storage. You cannot leave any gear in the gym.
 - You can change in the gym if necessary but showers are closed.
 - **Check-In Station**
 - You must be on the class Zen Planner roster. You must reserve your class 48 hours in advanced.
 - There is one entry to the gym. One exit. Please do not enter the gym until the Coach greets you.
 - Coach will meet you at the check in area.
 - The State, City and Health department require us to keep record of your temperature and NO to having COVID19 symptoms every time you are in the building.
 - As you wait for Coach to allow you into the building, be ready to:
 - Launch google form:
<https://docs.google.com/forms/d/e/1FAIpQLSeakuNH0tvAIhQlrbmnGKTYCfMg2TCyYTA0cvkAUQ0t8LO9w/vie/wform>
 - No symptoms check
 - Temperature check
 - Launch your Athlete Google Form and record your temperature before you go to the gym.
 - **Your Training Box.** Athletes will have a specific area to workout marked by tape.
 - 7x7 boxes with 3 feet walk-way
 - 12 boxes in the big room
 - 12 for athletes and 1 coach per class
 - Each box will have a sanitizing station with paper and disinfectant spray, and liquid chalk.
 - **Your Equipment**
 - Coach will advise what equipment you will need.
 - Only the equipment that is part of the programming will be allowed for use. We ask to refrain from touching other pieces of equipment.
 - Equipment will face towards the street side of the training box.
 - YOU and your equipment must remain inside the training box until equipment is sanitized.
 - At the end of class, Coach will advise when it is time for you to put the equipment back.
 - **Class Structure**
 - Class
 - 45 minutes to train and 15 minutes to clean
 - Social distancing required at all times, at least 6 feet.