

General COVID Guidelines for CrossFit Florian



PLEASE STAY HOME IF:

You have a fever over 99.4 Fahrenheit or feel as though you have a fever if no thermometer is available. Have a cough, shortness of breath, other flu like symptoms or been exposed to someone that may have COVID-19.



CLASSES & OPEN GYM:

All Classes and Open Gyms are reservation only! Maximum of **10** people per class. Members are required to rsvp for class/open gym via the WODIFY app and then check in on their smartphone when entering Florian. If you have any issues DM or email Beau (Beau@crossfitflorian.com)

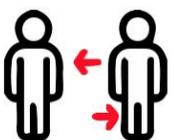


WORK AREA

Please sanitize your hands as soon as you walk in. Grab a few sanitizing wipes & spray bottle, head to your work area (square). All non scalable equipment should be staged in your square. Please saturate your equipment and let soak for 2 minutes then wipe, before and after your workout. Equipment will also be disinfected between classes by the coach on duty.



Florian's floor is now a 8'x10' grid consisting of orange and white marked work areas. The coach on duty will direct which grid your class will be operating in. Athletes are **required to stay in their work area with a face covering** for the duration of the WOD.



SOCIAL DISTANCING

Please stay 6 feet apart and in your workspace. Switch to air hugs and first bumps from afar. We love you, but lets keep 6 feet between us. Coaches and Athletes **MUST** wear a face covering at all times.



If a **MEMBER** test **POSITIVE FOR COVID**

Please notify Beau or Bill - ASAP! This will trigger:

1. Closing the gym for 24 hours, if member attended class within 24 hours of being tested
2. Notifying the membership that we have a member who tested positive (no names will be given)
3. Thoroughly disinfecting the gym
4. Bill/Beau will reach out and see how Florian may help the Member and his family



If a **COACH** test **POSITIVE FOR COVID**

This will trigger:

1. Membership being notified that a coach has tested positive. We will post who.
2. Gym will close for 24 hours if coach has coached within the last day