

Sculptor Fitness

**1123 Redmond Fall City Road NE
Redmond, Washington 98053
(425)222-5030**



COVID MANUAL

Revised 1/11/21

COVID PROCEDURES

- **STAY HOME IF YOU ARE SICK**

If you are feeling unwell or have a temperature, cough, body aches, or difficulty breathing – Please DO NOT come into the gym.

- **HEALTH SCREENING**

Before entering gym all trainers and clients must read Covid Screening Questions posted on the front door of gym. If you answer “YES” to any of the Screening Questions please do not enter gym. You may text Debby (425) 502-1146 to cancel appointment without penalty.

1. Have you been in close contact with an individual with a confirmed case of COVID-19?
2. Are you experiencing a cough, shortness of breath, or sore throat?
3. Have you had a fever in the last 48 hours?
4. Have you had a loss of taste or smell?
5. Have you had vomiting or diarrhea in the last 24 hours?
6. Have you traveled outside the state in the last 10 days?

High-risk clients are not permitted in this phase of reopening. High-risk clients include people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma, and people who are immunocompromised.

- **CONTROLLED INGRESS AND EGRESS**

Clients may NOT congregate in the lobby or common area.
Class times are staggered to discourage clients from gathering.

- **WASH YOUR HANDS FREQUENTLY**

Upon arrival to gym please WASH YOUR HANDS
According to the CDC, you must wash hands in warm water for a minimum of 20 seconds using antibacterial soap.

- **USE HAND SANITIZER**

Please use the provided hand sanitizer.
We had added several hand sanitizing stations throughout the gym.

- **COME PREPARED FOR SAFE WORKOUT**

Please come with personal face mask to help protect you from possible contact.

Please bring workout towel and water bottle.

Trainers and clients should maintain 6 feet or more of social distancing.

- **CLIENT SIGN-IN & PAYMENT POLICIES**

The front desk will provide a hands-free sign in and payment program.

No signatures are necessary for payment.

All training must be booked online or over the phone. Drop-ins are not allowed.

Front Desk staff will assist clients in making reservations by downloading the MindBody App.

If classes are full, clients may place themselves on the waitlist.

All class reservations must be canceled at least 24 hours in advance.

If you become symptomatic within 24 hour period please contact Debby (425) 502-1146 to CANCEL appointment without penalty.

- **KEEP SOCIAL DISTANCING OF 6 FEET**

To promote social distancing, we have training zones for each client. Limit 150 s/f per client, approximately 10 feet by 15 feet. Trainers must ensure that clients and personal equipment stay within the training zone. Coaches may not spot or touch clients

- **CLEAN & DISINFECT FREQUENTLY TOUCHED SURFACES**

Throughout the studio, there are disinfectant spray, hand sanitizer and UV Sanitizing Wands to clean the equipment.

Clients will not be allowed to share equipment with people outside their household.

Clients will be asked to disinfect personal equipment and use a towel.

Front desk staff will also clean frequently touched areas hourly; these spaces include front door, restrooms and client cubbies.

- **VENTILATION**

When possible keep windows open to circulate fresh air throughout the gym.

- **DRINKING FOUNTAIN**

The drinking fountain is restricted; however, the touchless water filling stations are available.

