

RETURNING TO GROUP EXERCISE POST COVID-19

These guidelines are general in nature and do not take into account your personal situation. You are responsible for following all local, state and national Covid-19 safety recommendations for your area as well as those of health authorities and your fitness facility.



PRE-CLASS AND EVENT

PLAN YOUR CLASS

Plan your class and choreography well in advance. Consider specific class formats, space required, and how you may need to adapt to maintain physical distancing

BE PREPARED

Bring your own:

- Mic / sponge and mic pack cover
- A filled water bottle, towel, gloves and face covering (if required)
- Bring wipes, and/or hand sanitizer.

PRE-CLASS CHECK

Arrive at least 20 minutes before your class to check:

The room is clean

- Floor spaces are marked and visible
- All required equipment is clean and setup for easy and orderly access for your members
- Check to see if towels and bottled water is available
- Check how many members are scheduled to attend
- Welcome each member on arrival and remind them of the correct etiquette and protocol as they enter the studio.
- If not checked at front desk - ask if any student has been ill recently, and if they have been cleared to exercise, especially in a group setting.

DURING CLASS

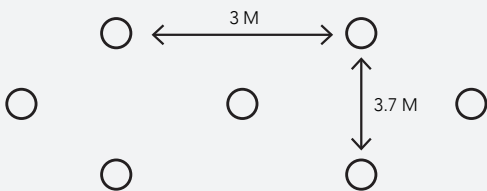
- Use your own mic – if you do not have your own mic and are using the mic from the facility, be sure to bring your own mic cover, as well as a covering for the mic pack.
- Be sure to make Pre-Class announcements: introduce the class, and explain the use of space within the class design.
- Make coaching/teaching adjustments to your class design/choreography: Limit traveling patterns (lateral patterns, as well as front and back). Focus on vertical moves and patterns to add intensity to choreography.
- Ask students to adapt moves and patterns to be aware of their personal space, and keep social distancing.
- Know your facility's plan for individuals that display any sign of illness.

POST CLASS/EVENT

- Depending on the facility and staffing, equipment, mats, and sweat, will need to be cleaned at the end of each class.
- If the facility has established that the class participants clean their own mats, weights, etc., then give them the wipes, or whatever is being used to assure that everything is cleaned sufficiently.
- Thank your students!! And, ask them to be sure to collect all their belongings before they leave the room.
- Do not hug or shake hands before or after class.
- Direct the students to exit the room in a pre-designated manner.
- Be sure to clean any equipment: mixer board, mic, mat, etc., that you have used during your class.
- Be sure to take your personal water bottle, towels, bags, or anything else that you may have used during the class.
- Wash your hands thoroughly before and after class.
- Shower and change clothes and shoes as soon as possible after class.

SPACE MANAGEMENT

Proactively assign areas for each member as they enter the room. Below are some recommendations:

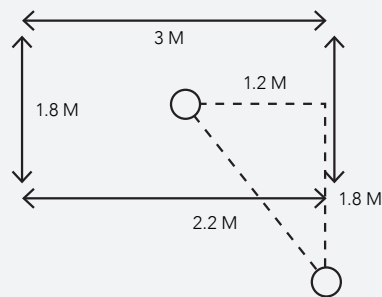


CREATE SPACE

Provide each member a space that is 10ft wide and 6ft front to back.

ON YOUR MARKS

Create marks, grids or zones on the floor to ensure members maintain a safe physical distance from one another.



STAGGER ROWS

Stagger each row so there is 12ft between one marker and the marker directly in front and directly behind. Staggering rows will ensure participants are 8 to 10 ft away from left to right and more than 6ft away from the person on the next row.