

ELC Fitness COVID-19 Procedures

ELC FITNESS IS COMMITTED TO THE HEALTH AND SAFETY OF OUR COMMUNITY, BOTH WITHIN THE GYM, AND BEYOND.

In accordance with MN Department of Health regulations, we have adopted the following policies to protect our members, their families, and our staff

CLASS POLICIES

- Online Registration (via GymMaster) is **MANDATORY** for all attendees. Classes will be capped at 9 people maximum.
- All entrants must wear a face covering when entering the facility and whenever moving around in the facility. Once you are in your workout area, you may remove it if you'd like.
- Upon entering the gym, everyone must partake in a verbal screening for symptoms of COVID-19. If you answer "YES" to any of the questions, you will be asked to leave the gym.
- Individuals must keep 6' social distance from others at all times. Our staff will be directing members in terms of physical spacing and equipment set up, in order to facilitate this.

DROP-INS

- All drop-in requests must be made via email to empoweredlivingco@gmail.com, or by calling us at (320) 304-4559. There will be **NO WALK-INS** permitted during this time.
- If you have a friend that is interested in joining the gym, please have them contact us via the above methods, or head to our website.

ELC Fitness COVID-19 Procedures

Expectations of Staff AND Members:

- If you have been in contact with someone longer than 15 minutes who has tested positive for COVID-19, please quarantine from ELC Fitness for at least 10 days to make sure no symptoms appear.
- If you test positive for COVID-19, please quarantine for 14 days before returning to ELC Fitness and please make sure you have been free of a fever (without fever reducing medication) for at least 24 hours.
- If someone in your home tests positive for COVID-19, please quarantine for 14 days before returning to ELC Fitness and please make sure you have been free of a fever (without fever reducing medication) for at least 24 hours.
- If someone who participated in an ELC class tests positive, all attendees of that class will be notified and asked to quarantine from ELC if you were within 12 feet of the positive athlete for more than 15 minutes.
- No mask = No moving. If you cannot wear a mask for health related reasons, you will be asked to go directly to your spot and stay in your spot the entire class. A coach will grab all of your equipment for you to help reduce the risk of spreading COVID-19.
- Children will not be able to wait in the lobby for parents during their workout. Unless you are coming with a spouse or another member, we ask that you please arrive alone.

Cleaning:

- After class, each member will have their own spray bottle and rag to sanitize their workout area and all equipment touched.
- Staff will sanitize the lobby and all of its contents, the changing room, the bathroom, doorknobs and any equipment they touched after every class.
- Day to day items like the lpad, markers, pens, etc will get sanitized between uses.
- Garage doors will be opened when weather is appropriate to increase ventilation
- Hepa filtered fans will be used in the facility to improve air quality