

**HEALTH AND SAFETY POLICIES
AND PROCEDURES FOR PRECISION
PERSONAL TRAINING'S COVID-19
RE-OPENING PLAN.
COMPREHENSIVE COVID-19
EXPOSURE CONTROL, MITIGATION,
AND RECOVERY PLAN.**



**PRECISION
PERSONAL TRAINING**
Vancouver's Premier Personal Training Studio

We strive to keep our personal training studio clean at all times; even before COVID-19.

Our tagline says it all!

Please read this plan to ensure how we are staying up to date with the State of Washington's guidelines, and how we are keeping our staff and clients safe during this trying time.

Thank you for supporting local!

MINIMIZING EXPOSURE AT PRECISION PERSONAL TRAINING:

- Our personal training studio will be used solely for appointments only. Personal Training, Partner Training, and Small Group Training appointments only. Under Phase 2, we have to stay at 30% capacity. This will enable us to control access and assure we can follow the social distancing guidelines.
- Not only are Precision Personal Training's Staff and Personal Trainer's required to wear masks, we are also making it required for all clients and anyone who walks through our doors to wear a mask. Gloves for clients are optional and will be at each Personal Trainer's location or at the Front Desk. When strict physical distancing is not feasible for a specific task, other prevention measures will be required, such as barriers, staggering Staff breaks, and adjusting Staff work shifts. Plexi-glass will be used at our Front Desk and at our Personal Trainer's desks to minimize exposure.
- Each Personal Trainer will have their own specific location for training their clients. Each location will have all types of equipment to use with clients to give their clients the best workout! This area and the equipment used will be disinfected in between sessions. This will help eliminate cross-contamination. Clients may opt to train outdoors at our local parks and recreational spaces if they feel uncomfortable to train indoors.
- Precision Personal Training Staff and Personal Trainer's, as well as Clients, will be instructed to stay 6 feet away from one another. This also requires Personal Trainer's to instruct Clients from a distance to avoid human contact. This means no 'touch-training.'
- Precision Personal Training Staff and Personal Trainer's will remind Clients of the social distancing protocols and sanitation procedures before your session.
- High-risk populations are currently defined by the CDC as: persons 65 years of age and older; people of all ages with underlying medical conditions (particularly not well controlled), including people with chronic lung disease or moderate to severe asthma, people who have serious heart conditions, people who are immunocompromised, people with severe obesity, people with diabetes, people with chronic kidney disease undergoing dialysis, and people with liver disease; people who live in a nursing home or long-term care facility.
- Children are not allowed in the facility unless they are under the age of 18 and have had a parent/guardian sign our "Client Questionnaire" as well as the "Waiver of Consent and Commitment to the Facility's Reopening Policies" for a scheduled appointment with a Personal Trainer. No child care is provided at Precision Personal Training.
- We are currently not offering any of our Group Classes due to the 30% capacity guidelines and will need to follow the limit to 5 Clients per Personal Trainer guidelines. That being said, we will be offering Small Group Training of 5 Clients or less. This will be more personalized and geared towards strength training to keep our clients healthy and safe! Clients are welcome to come in ONLY 20 minutes before their appointment if they choose to exercise on our cardio equipment. We ask that you only spend about 10 minutes at the end of your session to collect your items, purchase more sessions if need be, or to use the restroom. Please no congregating as this will help us stay in the 30% capacity guidelines.

- During Phase 2, our water fountain will be restricted to water bottle filling only. There will be signage to remind our Staff and Clients. It is required that Staff and Clients bring their own water bottle or they may purchase a plastic water bottle from our studio.
- During Phase 2, there will be no towel service provided by Precision Personal Training. This means that Clients must bring their own sweat towel to their sessions.
- During Phase 2, Washington State Law prohibits the use of showers in the facility. Our showers will be closed until further notice and will have signage on the doors to remind our Staff and Clients.
- To minimize exposure at Precision Personal Training, we are having to limit congregation in all areas. This is highly strict in the lobby, at the front desk, at the lockers in both locations, offices, and the training area. Social Distancing must be maintained.
- Trevor, Lacy, and Josh will be Precision Personal Training's site-supervisors. These three will monitor the health of our employees and enforce the COVID-19 job site safety plan.

PRECISION PERSONAL TRAINING STAFF HEALTH CHECK AND PROTECTION:

- Precision Personal Training Staff and Personal Trainers will be required to wear face masks and gloves at all times. They are also required to stay 6 feet away from others under the social distancing guidelines. Our team members will have their temperature checked prior to the start of their shift with a 'no touch' or 'no contact' thermometer to assure their temperature is below 100.4 degrees Fahrenheit. If their temperature is above 100.4 degrees Fahrenheit, or if they appear to be sick, they will be asked to go home. Precision Personal Training Staff and Personal Trainer's will be instructed to stay home if they are sick and/or have flu-like symptoms or COVID-19 symptoms. If a Precision Personal Training Staff member or Personal Trainer reports feeling sick and returns home, the area they were in will be immediately disinfected.
- Every Precision Personal Training Staff member and Personal Trainer will need to answer the "Health Check" questions prior to each shift listed below:
 - Have you been in close contact with a confirmed case of COVID-19?
 - Are you experiencing a cough, shortness of breath, or sore throat?
 - Have you had a fever in the last 48 hours?
 - Have you had a loss of taste or smell?
 - Have you had vomiting or diarrhea in the last 24 hours?
- All Precision Personal Training Staff and Personal Trainer's must wash their hands with soap and water and/or use hand sanitizer before and after each appointment based session.
- Precision Personal Training Staff and Personal Trainer's conducting Personal Training will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

APPOINTMENTS, SCHEDULING, PURCHASES AND CLIENT HEALTH CHECK:

- To minimize exposure, the Front Desk Staff will be checking Clients in for their appointments and will be directing the Client to their Personal Trainer's location.
- All Clients and Walk-Ins must use hand sanitizer and/or must wash their hands with soap and water for :20 seconds before the start of their session or use of the facility. All Clients are required to wear a Face Mask when in our facility. Gloves are optional and can be found at the Front Desk or at your Personal Trainer's location.
- All Clients will have their temperatures checked to assure it is below 100.4 degrees Fahrenheit. If our Front Desk Staff is unavailable, the Client's Personal Trainer will take it for them.
- We are also required by law to have all Clients sign a "Waiver of Consent and Commitment to the Facility's Reopening Policies" prior to their scheduled appointment time.
- All of our scheduling will be done through the Front Desk Staff with our Mind Body Online App to ensure we are staying at the 30% capacity guidelines. Personal Trainer's will not have access to schedule Client appointments, early cancel appointments, or charge a Client's card on file.
- Clients must pre-pay for their sessions before they are completely out and to limit interactions and congregations. Failure to pre-pay for sessions before Client is out results in cancellation of any and all future appointments. Clients may keep a card on file through our Mind Body Online App, or simply purchase over the phone by calling Precision Personal Training (360) 852-3382.
- Products are available for purchase at the studio in person if a card is on file with our Mind Body Online App, or by phone call for a walk-up pick-up during our Front Desk hours: Monday-Friday 9 AM-5 PM.
- Precision Personal Training's Studio under Phase 2 is appointment based only. New Client inquiries are available during our Front Desk hours: Monday-Friday 9 AM- 5 PM. Our studio will be locked outside of those hours if no Clients have an appointment.

SANITATION PROTOCOLS AND VENTILATION:

- All high-touch areas, restrooms, equipment, the training floors, counter tops, door knobs, computers, Front Desk supplies, pens, light switches, lockers, water fountain, and other surfaces will be appropriately disinfected and frequently cleaned hourly throughout the day. Any equipment used will be sanitized immediately. Sanitation spray, hand sanitizer, wipes, tissues, and trash cans will be dispersed throughout the facility.
- Staff will use disinfectant proven to kill viruses like COVID-19. Personal Trainer's will use this disinfectant on all of the equipment used in between each client and each Personal Trainer will have their own bottle of disinfectant available at their location on the training floor. Wipes and sanitation sprays will also be available for client's use on our

cardio equipment. Client must wipe down the cardio equipment before and after their use. Our Front Desk Staff must make sure this is being done, and will clean any areas on the equipment the Client may miss.

- We will require all Staff and Clients to use hand sanitizer and/or wash their hands using soap and water for :20 seconds upon entering and leaving the facility as well as before and after a session.
- Precision Personal Training will keep need to keep the front door open as much as possible for ventilation purposes under the Phase 2 guidelines. Inside the facility, we will have all fans turned on during use of the facility for ventilation as well.
- We have requested Sterling Properties, property management, about adjusting our mechanical ventilation systems to bring in as much outside air as possible and to increase the filters to MERV 13 if our HVAC can accommodate.

RESPONSE IN THE EVENT OF COVID-19 EXPOSURE:

- In the event Precision Personal Training has been exposed to COVID-19, our Staff and Personal Trainer's will take immediate action to disinfect the entire studio. We will block off areas where the individual worked and/or touched until the area can be fully cleaned and sanitized. We will then contact a local professional to clean and sanitize the area as well.
- If there is a reported case at Precision Personal Training, an incident report will be filled and completed and we will contact local authorities to follow all required procedures. If anyone was potentially exposed or in contact with the COVID-19 reported case, they will be notified immediately. The exposed individual's identity will remain private. With our Mind Body Online App, we are able to see all Client appointments and would easily be able to determine who might have potential exposure.
- If a Staff member or Personal Trainer is confirmed to have COVID-19, Precision Personal Training's owners will inform Staff and Personal Trainers of the possible exposure, but will also maintain confidentiality as required by the Americans with Disabilities Act. Precision Personal Training's owners will instruct Staff and Personal Trainers on how to proceed based on the CDC Public Health Recommendations for Community-related Exposure.

CLIENTS, WHAT CAN YOU DO TO KEEP OUR PRECISION PERSONAL TRAINING FIT FAMILY HEALTHY?

- With staying on top of what was discussed in the previous bullet points, if you also have a cough, fever or chills, diarrhea, shortness of breath, sore throat, fatigue, muscle or body aches, new loss of taste or smell, nausea, congestion, or other COVID-19 or flu-like symptoms, please DO NOT come into our studio.
- Please DO NOT come into our studio if you have been diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), have had symptoms of COVID-19 (within the last 24 hours-72 hours), or have had contact with a person that

has or is suspected to have COVID-19 (within the last 14 days). Please call our studio at (360) 852-3382 or email us at Support@PrecisionPTNW.com if you need to reschedule or cancel an appointment. Those who are experiencing symptoms of COVID-19, please try to contact our studio 24 hours in advance, like our policy already set in place, but if you happen to call within the 24 hours of your appointment and have COVID-19 symptoms, we will early cancel you so that you will not be charged. We understand that this is a difficult time and we do not want to have our fit family exposed, so until there is a vaccine, anyone who has symptoms of COVID-19 and calls within 24 hours of their appointment will be early cancelled.

- Avoid touching your mouth, nose, eyes, and face with unwashed hands. Cover your cough or sneeze, even with a mask on. This will help eliminate exposure.
- Remember to stay socially distant and wash your hands with soap and water for :20 seconds or use hand sanitizer.
- Remember to wash your hands with soap and water for :20 seconds or use hand sanitizer if you blow your nose in the facility, cough, or sneeze. This will help eliminate exposure.
- Keep your immune system strong! Get Vitamin D, get enough sleep, stay hydrated, eat your fruits and vegetables, stick with your exercise routine, reduce processed foods, increase your turmeric, apple cider vinegar, elderberry, lemon, ginger, or any other products to boost your immune system.

We know this is a lot of changes and guidelines to follow.

Whether you return to Precision Personal Training, or feel more comfortable exercising outdoors with your Personal Trainer, know that we are here for you.

We want to keep our Staff and YOU safe!

Let's all work together to keep our fitness family safe and healthy through this process and difficult time

We appreciate all of you and thank you for supporting Precision Personal Training!

WE WILL UPDATE YOU AS SOON AS WE KNOW WHEN CERTAIN RESTRICTIONS ARE LIFTED.

**Thank you,
Trevor & Lacy Thomas
Owners of Precision Personal Training**