

## **NEW BOOTCAMP PROTOCOLS & SAFETY**

**For the health and safety of our clients and staff, if you have or recently had a fever, cough or shortness of breath. Or, if you have been exposed to someone who is sick, please do not enter.**

**If you're sick, please stay home.**

### **BOOTCAMP**

1. Front door entrance, Back door exit only. Park on the front or back parking lot but must enter from front door. (Signs will be posted)
2. Mask is required while waiting outside for a class to begin and throughout the check in process. Once you get to your designated/assigned number, you may take off your mask.
3. Sign in and take your own temperature and input the number next to your number. IF YOU HAVE FEVER (100.4 or higher) please do not attend class.
4. Only 17 bootcampers allowed per class. Once the class is filled or a class is about to begin, a "DO NOT ENTER-CLASS IS IN SESSION" sign will be posted on the front door. Please do not come in.
5. Each bootcamper will have to sign in by the front entrance (1-17 spots) first come first serve. You CANNOT RESERVE A SPOT FOR A FRIEND/RELATIVE OR LOVED ONE
6. That number will be your designated/required spot throughout the class unless you need to use the restroom. Please go straight to your number and place your required items on your assigned spot.
7. Our number system is abiding by the 6 feet social distancing rules
8. Place your bath or larger towel on top of the mat (that will be your main exercise area, NOT the side of the mat)
9. A mat and a set of dumbbells will already be on your assigned spot. DO NOT GET A HEAVIER OR LIGHTER SET OF DUMBBELLS
10. Place your smaller towel, water bottle, keys and cell phone close to your mat (no storage or water station area)
11. An additional 15-20 more spots outside in the back parking lot will be available if you choose to participate in class but not comfortable being indoors (but you must bring your own canned goods or weights)
12. A TV will be placed by the back garage door and you can follow the bootcamp class while it is being filmed "LIVE" on zoom from inside the studio.
13. 6 feet social distancing rules will be applied during the class (inside & outside)
14. Once class is over, clean your station with our disinfectants spray and paper towel. After you clean, please gather your items and leave ASAP. Wash your hands in the bathroom or use our hand sanitizers by the back door before you leave. We would like you to leave the parking lot asap so the next class can park and check in asap.
15. You can only participate in one class per day.

**NO WATER STATION**

**NO STORAGE AREA**

**CANNOT USE CARDIO SECTION BEFORE/AFTER CLASS**

**NO SOCIAL GATHERING IN THE STUDIO OR THE PARKING LOT**

**SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

**BY: [PRINT NAME]** \_\_\_\_\_