



Jim Ronai's Competitive Edge, LLC

COVID-19 Compliance Policies

This document is intended to provide guidance on considerations for safely participating in conditioning and sports training. While these rules provide a way for our facility to operate in as safe a manner as possible, COVID-19 risks to clients and coaches cannot be fully mitigated. It is understood that clients, parents, and coaches should make individual determinations on when it is safe for them to train and work in a gym or outdoor fitness setting.

1. The facility will operate at 100% of normal capacity.
2. Social distancing guidelines of 3 ft will be enforced are still suggested.
3. If Clients and coaches are not fully vaccinated, they are required to wear a cloth or disposable face covering in the facility. If outdoors, no face covering is necessary during high intensity aerobic or anaerobic exercise if a 3 ft distance is maintained between participants and exercise stations.
4. Prior to entering the facility or arriving at an outdoor venue, all staff and clients are required to self-screen for signs of COVID-19 including cough, shortness of breath or any two of the following symptoms: Fever • Chills • Repeated shaking with chills • Muscle pain • Headache • Sore throat • New loss of taste or smell. Anyone who exhibits any symptoms of COVID-19 are asked to please stay home.
5. It is suggested that upon entering the facility or field, clients and coaches will be required to either wash their hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol before participating in the workout. An individual should use enough hand sanitizer so that sanitizing takes at least 20 seconds before it becomes dry. Clients and coaches are advised to restrain from touching their face, eyes, nose, or mouth while training and if necessary, should sneeze or cough into a tissue, or the inside of their elbow. Hand sanitizer and cleaning wipes are available throughout the facility. Although sanitizer will be available on site, in an attempt to minimize cross contamination, **outdoor** participants are asked to supply their own if possible.



6. Temperatures of staff and clients will be taken prior to the start of each session. Anyone with a temperature greater than 100.4 degrees F will not be permitted to participate.

7. All equipment will be cleaned after. Ten minute intervals are required between groups to allow for proper cleaning of surfaces. Additionally all equipment will be cleaned at the end of every day. The facility is deep cleaned weekly. Cleaning logs will be kept on file. Cleaning products and usage follow federal guidelines (CDC, EPA). All staff are trained in proper cleaning procedures and schedules.

8. A system and policy is in place for contact tracing.

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