

## GROUP FITNESS CLASSES (YOGA, FITNESS, DANCE)

Follow all guidelines recommended for **ALL BUSINESSES** and **additionally**:

### **PRIMARY RECOMMENDATIONS**

- Sanitize studios, bathrooms, the reception room, and all workout items/mats before and after each class session.
- Five minutes prior to beginning of the class open the doors and leave them open so people do not have to touch the door handles until all dancers have arrived.
- Sanitation station outside entrance
- PPE masks in closed areas (i.e. office)
- Students arrive to facility with masks on
- Member / Guests health declaration form upon entry. Stating no travel within the past 14 days, and no one in household has been diagnosed with COVID19 or has any symptoms associated with it.
- Adjustment of programming to restrict mix modalities/partner workouts
- Temporarily suspending all close contact classes (jiujitsu, boxing, etc.)
- Signs post throughout reminding of cleaning procedures for each student
- Restricted access to equipment that cannot be easily sanitized (i.e. ropes, sandbags, etc.)
- Cleaning equipment easily accessible in all areas of the facility
- Students must remain six feet apart which will be marked on the floor.
- No touching any other person at all times.
- Air Conditioners will remain on at all times when the students are in the facility.
- Bring own equipment, when able, such as yoga mats, etc.
- Classes for children under age 5 will not begin until a later date.

### **SECONDARY RECOMMENDATIONS**

## GUAM COVID-19 PCOR 2 INDUSTRY GUIDELINE RECOMMENDATIONS

- Suggested to wipe the countertop between each party.
- Automatic doors or host/dedicated staff to assist in opening doors.
- POS machines, one person per machine.
- Offer credit card payment options where the staff do not handle the guest credit card and/or offer tissues so guests can avoid touching the machine or the pen.
- Automatic release Lysol disinfectant for bathrooms.
- Arriving inventory items: remove from cardboard, discard the cardboard box or container where possible, and wipe down all items before stocking.

### *References:*

*SKIP Entertainment Company*

*Paradise Fitness Top 10 COVID19 Re-Opening Phase 1 Operational Guidelines:*

*Crossfit Gof Metgot Opening Measures*

*LA Dance Studio*

*Yoga Alliance, Re-opening and Recovery: Best Practice Recommendations for Yoga Schools, Businesses, and Professionals. April 2020.*

*Unified Fit. April 2020*

*Business Recovery Advisory Team. May 27, 2020*