



## TEMPORARY COVID-19 FACILITY AND GROUP CLASS PROTOCOL

### NEW TEMPORARY GYM RULES & REGULATIONS

#### 1ST OF ALL WE MISS YOU SO MUCH!!...

The last couple of months has been hard on everyone out there. We all miss the reality of regular life. We miss the CLANGING of weights, the thumping of the rubber, the smell of the iron and the grunts of accomplishment. To us gym-goers, life persists when we can take back both our mental and physical health. That's what we're here for! The plan listed below will hopefully be temporary only. We are here to put your minds at ease, to ease the fear, and to help you get back on track with your fitness journey...

In an effort to reopen our facility in the safest manner possible, we are taking a careful and cautious approach to allow you to access the services you miss and need the most. We have been working with a list of other small businesses in the fitness industry and created a group called LIFFT (League of Independent Fitness Facilities and trainers). LIFFT is a statewide coalition of small business owners that operate private fitness facilities. LIFFT's purpose is to help advocate to the Michigan state legislature the difference in the way boutique facilities operate in comparison to large corporate gyms. Show support and visit the link: <https://www.lifft.org/the-members>

The TEAM at "COOPS IRON WORKS" is confident that our 20,000+ sq/ft facility will allow for the necessary space to spread out and get a safe yet effective workout accomplished. To ensure everyone feels comfortable at our facility, we have taken the time to work with Government Officials and health experts. Below are the guidelines and steps we have developed.

#### GYM/FACILITY PROTOCOL

- \* All safety guidelines will be made available upon entrance, throughout the gym and via digital platforms.
- \* Video monitoring will be implemented to ensure protocols are being followed. 8 Cameras surrounding the entire gym.
- \* Staff and members will be asked to have their temperature checked before entering the gym floor. A COOPS employee will use a No Contact Infrared Forehead thermometer. Those with a temperature above 99.9 degrees will not be allowed on the gym floor.
- \* Face Masks as of this moment will be optional
- \* Video monitoring will be implemented to ensure cleaning protocols are being followed.

#### STAFFING

- \* Staff will fully understand quarantine guidelines & will reinforce them routinely
- \* New Sanitary Rubber Gloves will be used by the staff each time a cleaning is completed
- \* Facility capacity restrictions will be in place and monitored
- \* Strategic scheduling will be implemented to minimize the number of staff members and gym members in the facility @ peak times (I dont foresee an issue with the size of our facility)
- \* A strict stay at home policy for any employees exhibiting symptoms

#### ENHANCED CLEANING + SANITIZATION PROTOCOLS

- \* Medical-grade cleaning products and hand sanitizers are available throughout facility
- \* Hand washing is required **BEFORE** and **AFTER** workout
- \* Increased disinfectant stations with hand sanitizers present throughout the facility
- \* Pre-use and post-use wipe down protocol on all equipment required
  - \* Detailed and frequent cleaning checklist
- \* Entire facility will be cleaned thoroughly throughout the day with medical-grade disinfectant & electrostatic sprayer
- \* Bathrooms cleaned every 2 hours during staffed hours
- \* Water fountains will be used for refilling water bottles only - no direct drinking
- \* Showers will remain closed until further notice

#### GROUP CLASSES

- \* New Class Schedule will be released soon on social media and by email
- \* 6ft social distancing will be enforced during all classes
- \* **EVERYONE MUST DOWNLOAD THE FREE "COOPS IRON WORKS APP" from APPLE or ANDROID** because we are going to move to 100% utilization of the APP for check-ins and saving your spot in each class.

**MORE COMING SOON.....**

**DEPENDING ON STATEWIDE OUTCOMES  
WE ARE HOPEFUL FOR A  
JUNE 1st OPENING**