

MANUAL FOR RE-OPENING

WHAT ARE THE CAPACITY RESTRICTIONS?

1. Capacity restrictions: 100 people at one time in one place
2. Required distance between clients and other persons in the fitness center area should be 2 metres

WHAT AREAS OF THE CENTRE WILL BE ACCESSIBLE?

1. Lockrooms and showers must be closed
2. Toilets can be used while keeping 2 m distance

WHAT PROTECTIVE EQUIPMENT SHOULD BE USED?

1. It is not necessary to wear a facemask during organized exercise (apply for both: group lessons and personal training)
2. Operators can decide, whether other clients, exercising independently (without PT) shall wear facemask or not.
3. From the point of view of epidemiologists, we recommend that in places with increased amount of people, clients should cover their faces with masks (entrance, reception, storage area). This protects themselves and other people as well.
4. We also recommend to use the protective equipment for the whole fitness center staff

HOW TO PAY FOR SERVICES?

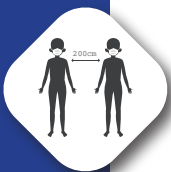
1. Contactless payment will be preferred.

DISINFECTION AND VENTILATION SYSTEM

1. Hand sanitizers should be provided for staff and clients.
2. Hand disinfection is mandatory before and after exercise.
3. Disinfection of the exercise equipment after each client is required.
4. It is necessary to continuously disinfect the places where clients
5. It is necessary to use air conditioning with separate air supply and exhaust. If air conditioning is not possible, it is recommended to use air disinfection equipment and combine it with regular ventilation.

SALE OF BEVERAGES AND OTHER ACCESSORIES

1. It is possible to sell packaged drinks and packaged food supplements only



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PERSONAL TRAINING

1. Personal trainings 1:1 (client + PT) are allowed, physical contact between client and personal trainer should be minimal. The trainer and the client are allowed the distance of less than 2 meters, however this distance must be maintained in relation to others.

GROUP LESSONS

1. In the areas for group lessons, it is recommended to maintain a minimum distance of 2 m between individuals. Always in compliance with the maximum capacity of 100 people.
2. Prefer personal exercise mats.
3. The schedule of group lessons must be adjusted so that cleaning, ventilation and disinfection could take place between lessons. Therefore, we recommend a break of at least 15 minutes between lessons.

OTHER RECOMMENDATIONS:

1. In addition to the means for regular hand disinfection, it is necessary to provide the staff with protective hand creams - frequent disinfection dries the skin, the use of creams prevents skin problems.
2. In case of tracing a COVID positive person in the fitness center, we recommend dividing your staff into at least two independent teams. Should one of the teams have to be quarantined, the other team would be ready to join. Complete disinfection of the fitness center must be done.
3. Consider using small exercise equipment for the duration of these strict measures so their regular disinfection practically does not complicate the smooth run of the center.
4. In the areas for group lessons, we recommend marking training places on the ground (eg with a tape) so that the minimum distance between individual clients is 2 m. However, this is not mandatory. For indoor cycling and similar activities, reduce the number of stationary bicycles to keep the recommended distance of 2 meters, eg. mark those stationary bicycles, that can be used and which can not.
5. During organized exercises (which are considered group lessons and personal training 1:1) it is possible to exercise without the mask. Personal trainers and instructors do not have to wear a facemask. For personal training, it depends on the individual agreement with the client. We recommend that personal trainers should consider wearing a facemask for their own safety.
6. Allocate special waste bins for toxic waste - facemasks.
7. For the easiest possible operation under strict hygienic measures, we recommend placing clear instructions in the fitness center.

