



Covid 19 Phase 1.5 Protocol NWFP In-House and Independent Trainers

Washington State Phase 1.5 authorized appointment-only one-on-one personal training. This requires a plan regarding: PPE utilization; on-location physical distancing; hygiene; sanitation; symptom monitoring; incident reporting; location disinfection procedures; COVID-19 safety training; exposure response procedures and a post-exposure incident project-wide recovery plan.

COVID-19 Trainer Responsibility

Personal Trainers conducting personal training will be responsible for ensuring that the COVID-19 Safety Plan is being adhered to.

Pre-Training:

1. A **safety briefing** must be conducted at the beginning of each personal training session with each client to reemphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening. Alternatively, a safety video can be shared and emailed to the client prior to the scheduled appointment.

Screening Question for Clients:

- Have you been in close contact with a confirmed case of COVID-19?
- Are you experiencing a cough, shortness of breath, or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a loss of taste or smell?
- Have you had vomiting or diarrhea in the last 24 hours?

2. **Each client will sign a waiver of consent** provided by facility at the front desk regarding facility's reopening policies prior to their scheduled appointment time. Clients will be informed to wear training attire to the facility, and bring their own hand towel.

3. **High risk clients are not permitted** as part of Phase 1.5 re-opening. High risk clients include people over the age of 65, people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised.

4. **Clients cannot enter if they have been diagnosed with COVID-19** (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days).

5. NWFP will be conducting a **temperature screening** and/or questionnaire of trainers at the facility entrance, please use the provided forehead thermometer every day when you come in and sanitize after each use, recording temperature in the provided log . Any employee or Trainer with a temperature of **100.4°F** or higher is considered to have a fever and must be sent home.

6. Social distancing guidelines of **at least six feet of separation** must be maintained by every person in the facility at all times to the greatest extent possible when not actively spotting. **Make sure that your clients are aware that showers will also not be in operation in Phase 1.5.**

7. Frequently **clean and disinfect high-touch surfaces**, such as gym equipment, handrails, doorknobs, and restrooms Trainers are expected to wipe down all surfaces clients have touched during their session. For this reason *NWFP expects Trainers to define the training space for the training duration and select the equipment to be used ahead of time.*

8. Total number of people in the facility, to include staff, trainers, and clients, will be **limited to 23 people** through Phase 1.5. This means no partner or group sessions will be allowed in Phase 1.5. If this becomes an issue, we may be asking part time Trainers to select in ½ day increments their training schedule for the week.

9. Training sessions must be staggered to maintain social distancing and limited capacity in a facility. Sessions will start on the hour or half hour and run **no more than 50** minutes. The 10 minute in between will allow the Trainer to clean up after the client and for staff to clean the facility.

10. Clients shall be required to **bring their own water bottles**. Water fountain use shall be restricted to water bottle filling stations only.

11. All clients will **wash their hands or use facility provided hand sanitizer** upon entrance to the facility and prior to entering the training floor. This will be confirmed by the Trainer. Trainers must wash their hands and use hand sanitizer before and after each training session as well.

12. **Equipment will be sanitized immediately after each use.** Sanitation spray or wipes will be dispersed throughout the training floor.

13. Trainers **must wear face coverings** and gloves are strongly suggested in Phase 1.5.

14. Garage door will be kept open and will be utilizing fans to improve ventilation at all times.