



## Re-Opening Safety Standards and Guidelines

### What we're doing:

- 1) Cleaning both the Group Fitness area and the Personal Training area with hospital grade sanitizer
- 2) Cleaning all equipment with hospital grade sanitizer
- 3) Creating Group Fitness participant designated areas. Within these 10'x7' spaces will be all of the equipment you will need for your class as well as sanitizing spray and cleaning towel
- 4) Creating a path to/from participants' designated areas
- 5) Signage directing traffic
- 6) Placed 6' distancing decals on the floor leading into the studio, so that if someone is changing their shoes, there is no crowding at the entrance.
- 7) Airflow of fans and air conditioners will be directed upward or between participants at lower speeds during classes
- 8) We will continue to offer live streaming classes and live streaming personal training sessions as an ongoing service

### What we ask you to do:

- 1) If you have a fever, cough, sore throat or shortness of breath, we ask that you stay home.
- 2) The entry door will be open as you enter and a Jiva staff member will close it. (No need for you to touch it.)
- 3) Wear a mask at all times at Jiva Fitness. Governor Wolf has just stepped up the mask wearing guidelines and made it clear that masks are mandatory for all businesses.
- 4) When entering Jiva Fitness, please use the hand sanitizer stationed on the table by the door.
- 5) Take all of your belongings to your designated space.
- 6) Bring your own:
  - a. mat (we will also have yoga mats for sale if you need or want)
  - b. water bottle
  - c. sweat towelWe will have these if you need, but by bringing your own, you can feel that much safer.
- 7) Reservations can be made for either in person classes or for live streaming (both sign up options will be available). While there is no limit to the number of live streaming participants, we are only taking 6 in person participants per class. Please clearly select which of these choices you want when signing up.
- 8) Reservations for in-person classes are going to be very important with our diminished capacity. Please make sure that you sign up for all classes and, for the sake of others on the waiting list, cancel if you find that you are not able to make class.
- 9) Maintain 6ft of distance between you and other members. (Stick to distance hugs and high-fives after class.)
- 10) When classes are over please clean all of your equipment (as always) and leave everything in your space (including cleaning towels and sanitizer). We will gather it all, organize for the next class, and re-sanitize all equipment, door handles, etc.
- 11) Please give us feedback as to how we can make your workout experience better for you.