

Engine House16 policies for facility reopening.

- We will post the following Guides: See links ([Association Of Fitness Studios – “Stop The Spread”](#)), ([CDC – “Stop the Spread of Germs”](#)) ([COVID-19 Safety Procedures for Businesses](#)) within the facility.
- We will be asking all clients, employees and business associates to wear a mask within the facility. We **are not** furnishing masks for **clients** at this time, though we will have a limited supply in the event of forgetfulness.
- We will request that all clients bring their own towels and water bottles. If necessary, the water fountain can be used, but only to fill water bottles.
- The late-cancel policy will be suspended, within reason to encourage clients to help keep us all healthy. If cancellation become habitual for any one client, the policy will be reinstated for that client.
- At the start of each week, Fitness Essentials employees must check in (either by text or phone call) with clients to confirm scheduled appointments. This will enable us to check on their health in an effort to rebook in advance of any potential cancellations.
- We are using CDC guidance: See links ([CDC Symptoms of Covid webpage](#) and [Symptoms of Coronavirus flyer](#)) for all of us and our clients. People with these symptoms or combination of symptoms should self-quarantine and cancel visits and workers within the EH16 are expected to do the same:
 - Cough
 - Shortness of breath or difficulty breathing
 - ***Or at least 2 of these symptoms:***
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New onset of loss of smell or taste
- We will encourage ALL “High Risk” ([see CDC link here](#)) clients deemed inappropriate to return at this time to stay home and continue with FaceTime/telefitness visits. Not all clients may want to return at this time - encourage FaceTime/telefitness visits.
- Please monitor your own symptoms, exposures and health.
- Please do not come to work if you are ill.
- Please use the available disinfectant to wipe down mats and tables (pay attention to the sides and under surfaces) as well as the wipes for equipment.
- All EH16 business collaborators and their employees are expected to clean up directly after patient/client use of facility and equipment.

- Social distancing must be maintained. Please be aware of your space in the room with clients and with the other professionals/patients/clients within the space.
- All businesses will abide by these guidelines and share in the associated supply cost.

CLEANING:

- Gloves are necessary for large-scale clinic/facility cleaning, bathrooms and floors. Please see list below regarding the proper cleaning agents for use.
- We will follow the CDC: see link (https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/ReOpening_America_Cleaning_Disinfection_Decision_Tool.pdf) guide for EH16 facility cleaning and disinfecting.
- Cleaning products: All supplied
 - Rubber Floors: Simple Green for facility floors (NOT A DISINFECTANT) – use diluted to clean floors.
 - Wood Floors: Vinegar and water solution
 - Glass/mirrors: Windex
 - Gym equipment: Simple Green solution if dirty. Otherwise: Use disinfectant wipes
 - Bathrooms Floors: Simple Green
 - Bathroom Toilet: Lysol or Clorox bowl cleaner
 - Bathroom sink and faucets: Clorox or Lysol-like spray
- Disinfectant
 - Floors: Clean Break – diluted
 - Equipment: Sani-cloth wipes
 - PT tables: Sani-cloth wipes or spray SaniZide

Finally, I am asking us all to read and acknowledge these policies.

Thank you,

Beth

Read and acknowledged:

Signature

Date