

CrossFit Liberate

SANITATION GUIDELINES

- 1) Athletes will sanitize hands upon entering the welcome area of the gym well before touching equipment.
- 2) Each Athlete's temperature will be checked upon entering of the gym.
- 3) Before returning equipment to its home, the Coach on Duty or Athlete will spray the equipment with disinfectant spray and the athlete will wipe it down with gym wipes.
- 4) Athletes will keep at minimum 6 feet of space from anyone else at all times in the gym including the coach on duty.
- 5) Athletes will enter into the gym only through the Garage door. All other doors including the back door and front door will remain closed.
- 6) Athletes will not come into the gym if they think they have been around or near anyone with sickness as well as if they may believe they are sick. Just stay home and get some rest.
- 7) Athletes will wipe down their area on the floor as well as the rig, pull up bars or rings. In short anything touched by the athlete must be wiped down with provided cleaning supplies.
- 8) Athletes will use a gym wipe to enter the restroom hallway and restroom.
- 9) One Athlete in the Restrooms at a time.
- 10) Child Care will remain closed until further notice.

HAND HYGIENE

Upon entering the gym, athletes should immediately sanitize or wash their hands.

Practice good hand hygiene: Regularly wash your hands with soap and water for at least 20 seconds, especially after coughing, sneezing, or blowing your nose; after using the bathroom; before eating or preparing food; before taking medication; and after touching garbage.

Avoid touching your eyes, nose, or mouth without cleaning your hands first.

Use an alcohol-based hand sanitizer that contains at least 60% alcohol or wash hands with soap and water for at least 20 seconds.

Practice good cough etiquette. Cover your mouth and nose with your elbow (or ideally with a tissue) rather than with your hand when you cough or sneeze, and throw all tissues in the trash immediately after use.

EQUIPMENT HYGIENE

Before and after use, athletes should wipe down their area, including the rig, pull-up bars or rings. Anything touched by the athlete must be wiped down – this includes any of the equipment such as bands that are used for mobility.

After disinfecting, please ensure you allow at least 2-3 minutes for the surface to dry before touching or moving.

Boards and markers will not be available during this time.

Water cooler: Please practice safe hygiene when refilling your bottles at the water cooler area and avoid letting your bottle touch the tip of the water faucet when filling up.

SOCIAL DISTANCING

Athletes should keep a minimum of 6 feet of space between other members and coach(es) on duty.

SHOWERS AND BATHROOM AREA

Athletes will use a disinfectant wipe to enter the restroom hallway and restroom.

ONLY one Athlete in the restroom at a time.

We understand that showers are an important safe hygiene practice, as cleaning yourself off before you go home ensures you're not bringing something home to your loved ones.

Clean showers very frequently.

Athletes should wipe down everything before and after using the shower.

We cannot guarantee that these showers are safe to use. We can't completely control this high-moisture area, but we're providing you the tools to clean so please use safe practices.

GUIDANCE FOR ATTENDANCE

Athletes should not come to the gym if they think they have been around or near anyone with sickness as well as if they may believe they are sick.

If you were recently sick, please wait at least seven days since your symptoms first appeared before returning to the gym.

CHILD CARE

Child care is restarting the week of June 22nd. There will be separate Childcare guidelines posted in the Childcare room at CFL.