



# ATHLETES ACCELERATION REOPENING PLAN

COVID-19 Safety Guidelines and Protective Actions



***ATHLETES ACCELERATION***  
CHASING GREATNESS - NORTH ATTLEBORO



At Athletes Acceleration, we provide an important service for athletes seeking to improve their athletic performance and general health and well-being. The health and safety of our members and their families remains our number one priority. This is why we are going above and beyond the state mandatory safety standards for workplaces.

We are faced with many guidelines and specifications that must be addressed before reopening, including employee training and protection, minimizing the risk of

transmission at Athletes Acceleration, and protecting athletes and families. This document is designed to address these and other safety standards pertinent to our members as we prepare to reopen. Implementing social distancing, ensuring frequent and proper hand hygiene, using personal protective equipment (PPE), marking and setting up social distancing barriers, adhering to appropriate cleaning and disinfection procedures, and the other details described below can help minimize the potential for exposure and the spread of COVID-19 at Athletes Acceleration.

## EMPLOYEE HEALTH, HYGIENE, AND OPERATIONS

***Employees or any staff who feel sick or display COVID-19 like symptoms will be instructed to stay home and will not report to work.***

### **Athletes Acceleration will:**

- Mandate employees/staff to stay home if they feel sick or display COVID-19 like symptoms.
- Perform a wellness check of all employees/staff each day.
- Maintain an adequate supply of hand soap, hand sanitizer, and paper towels to allow employees/staff to practice proper hand hygiene.
- Provide no-touch disposal receptacles.
- Provide disinfectant protocols for equipment and other surfaces for all employees/staff to follow.





- Provide training for all employees/staff regarding social distancing measures, cleaning and disinfecting protocols, hand hygiene, and other protective actions.
- Develop and communicate a facility and return-to-work plan if an employee or staff member is to get sick from COVID-19 at work.

### **Employees and all staff will:**

- Stay home and do not report to work if they feel sick or display COVID-19 like symptoms.
- Wash hands or use hand sanitizer upon arrival to the facility, after working with each group, after touching their face or mask, after using the restroom, and when leaving the facility.
- Wear a face covering or mask at all times.
- Participate in a training regarding the social distancing, hygiene, and disinfecting protocols at the facility.
- Learn the facility and return to work plan if they are to get ill from COVID-19 at work.
- Notify Patrick Beith, designated safety officer, if they have concerns about PPE or face coverings, social distancing measures, cleaning protocols, hand hygiene, or any other issue regarding compliance with protective actions.



## GENERAL HYGIENE PROTOCOLS

- Hand washing capabilities or hand sanitizer where hand washing is not feasible will be provided throughout the facility.
- Athletes Acceleration will ensure frequent hand washing by employees/staff and adequate supplies to do so.
- Athletes Acceleration will provide regular sanitization of high touch areas, such as workstations, equipment, screens, doorknobs, restrooms throughout the facility.
- All members and employees/staff will be required to wash hands or use hand sanitizer upon entering and exiting the facility.
- Employees/staff and members will be instructed to hand wash or use hand sanitizer if they touch their face or mask.



## CLEANING AND DISINFECTING



According to the CDC, “the primary and most important mode of transmission for COVID-19 is through close contact from person-to-person. Based on data from lab studies on COVID-19 and what we know about similar respiratory diseases, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this isn’t thought to be the main way the virus spreads.” Since respiratory droplets could settle on surfaces within our facility, all equipment and

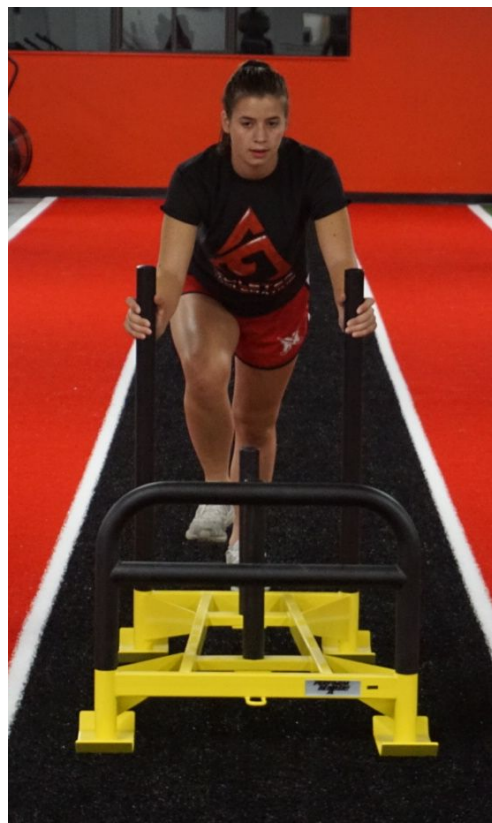
surfaces touched by anyone at Athletes Acceleration (examples: barbells, dumbbells, medicine balls, door handles, toilet seats) will be regularly disinfected.

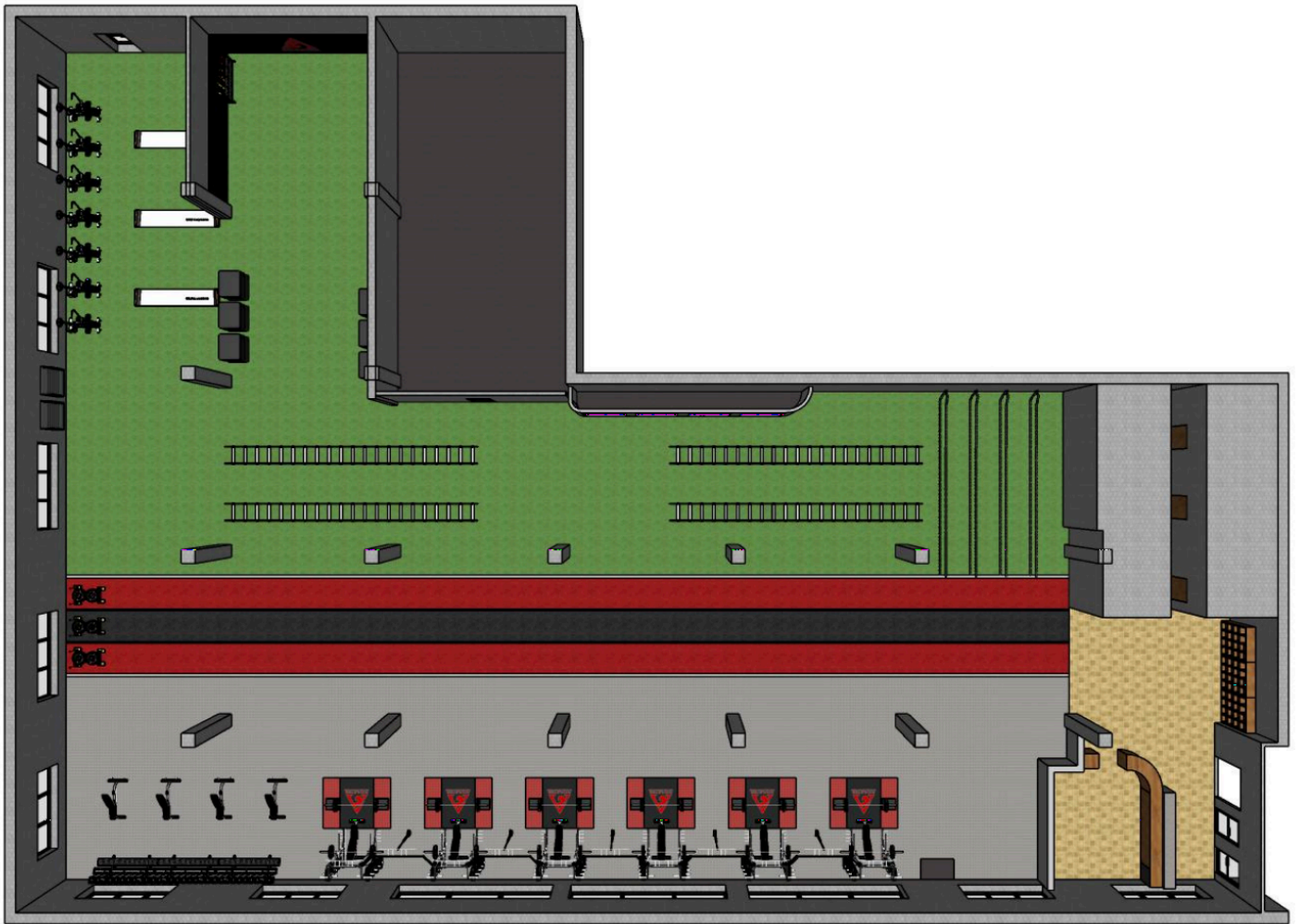




- We will maintain an adequate supply of cleaning and disinfecting products. The U.S. Environmental Protection Agency (EPA) has developed a list of products that meet EPA criteria for use against the COVID-19 virus. All disinfectants used at Athletes Acceleration meet this criteria.
- Any and all workout equipment and/or surfaces touched by employees/staff or members will be sanitized after use.
- We will provide materials for athletes or staff to wipe/disinfect equipment after use at each location/station/ piece of equipment.
- All employees/staff members will be responsible for ensuring regular cleaning and disinfection including all common surfaces such as work stations, screens, door knobs, and restrooms.

- We have significantly increased the number of disinfecting stations throughout the facility.
- We will establish hand-washing or hand sanitizing protocols for all athletes and staff, including both before and after working out with us.
- We will provide hand sanitizer where hand-washing is not feasible.
- We have significantly increased hand sanitizer stations throughout the facility.
- For employees and staff, we will minimize sharing of work tools and equipment such as phones, screens, keyboards, and point-of-sale devices. If sharing is necessary, we will disinfect items before and after each use.
- If an active employee is diagnosed with COVID-19, a thorough cleaning and disinfecting of the entire facility will be performed prior to anyone being permitted to enter the facility.





## SOCIAL DISTANCING

- All persons, including employees/staff, members, and vendors should remain at least six feet apart both inside and outside of the facility.
- Athletes Acceleration training is by appointment only. Members must have an appointment with us prior to entering the facility.
- Only 12 members will be permitted to be in Athletes Acceleration at one time.
- Small group personal training sessions will be limited to 6 members.
- Only members actually training will be permitted to be inside the facility. Parents/guardians who wish to remain at the facility for the duration of their athlete's training session may do so from their cars within the Athletes Acceleration parking lot.
- The waiting area will be closed temporarily going forward. Waiting or congregating near the entrance or within the waiting area will not be permitted.
- To ensure that employees/staff and members can practice adequate social distancing, all areas throughout the facility where athletes will be present for a period of time are separated at least six feet apart with greater distancing to the best extent possible, especially in areas

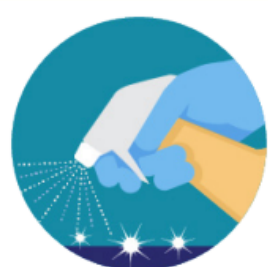


where high exertion may occur. Areas are marked with physical barriers, signage, traffic cones, floor markings, or equipment placement.

- Signage for safe and adequate social distancing is located throughout the facility, particularly at the entrance.
- Face coverings or masks are required for all employees/staff to be worn at all times. Face masks will be provided if needed.
- Workout areas will be separated by markings or otherwise spaced apart indicating where members and employees are to remain for the duration of the workout (warm-up area, plyo-prep area, squat racks, etc.)
- Members will not be permitted to share equipment with other members at any time. All equipment and surfaces used by members throughout their workout will be disinfected prior to another member being permitted to use it.

## FACE COVERINGS/MASKS

- All employees/staff are required to wear a face covering or mask at all times. Face masks will be available to all employees/staff.
- Employees/staff will be instructed how to properly put on and take off a face covering or mask.
- All members must wear a face covering or mask when entering and exiting the facility.



## MEMBER HEALTH AND SAFETY GUIDELINES

***Members who feel sick or display COVID-19 like symptoms will be asked to stay home and will not be permitted into the facility.***

- If a member has been diagnosed with COVID-19, they will not be permitted into the facility until they and their household have been approved by a medical professional to resume normal activities.
- If a member has been in contact with someone who has been diagnosed with COVID-19, we ask that the member do not come to the facility for 14 days or until said member has tested negative for COVID-19.

- If a member or someone within the member's household is sick with COVID-19 like symptoms, they will be asked to stay home. According to the CDC, COVID-19 symptoms include but are not limited to fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea.
- Members must maintain a distance of at least six feet from other members and employees/staff at all times.
- Members must refrain from person to person contact with other members or employees/staff. This includes handshakes, hugs, high fives, fist bumps, and even elbow bumps.
- Members will agree to limit touching of equipment or surfaces to only those they need. If a member accidentally or mistakenly touches something they will not be using, they will be asked to properly disinfect said item.
- All members must wear a face covering or mask when they enter and exit the facility.
- Members will be asked to avoid using lifting gloves or other personal items that are not easily cleaned.
- Members will agree to disinfecting protocols. This includes wiping down equipment when they are finished using it.
- All members must agree to wash hands or use hand sanitizer upon entering and before exiting the facility.
- All members must read and agree to Athletes Acceleration's *COVID-19 Safety Guidelines and Protective Actions*.



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