

Coronavirus Prevention Business Owner Checklist

STOCKING THE STUDIO / STUDIO CONSIDERATIONS:

- ❑ **DISINFECTING WIPES.** Stock up on disinfecting wipes for clients to wipe down equipment after EACH use, and place them in various areas of the studio.
(approved list below)
- ❑ **HAND SANITIZER.** Stock up on hand sanitizing gel and let clients know they can use it whenever they'd like.
- ❑ **CONSIDER REDUCING CLASS SIZE** to allow for more space (if running group classes)
- ❑ **CONSIDER UPDATING PROGRAMMING** so clients aren't sharing equipment during workouts. (ex. use stations so clients can wipe down equipment after use.)

PREVENTION FOR CLIENTS:

- ❑ **20-SECOND HAND WASHING.** Have your clients wash their hands for at LEAST 20 seconds when they arrive AND for 20 seconds before they leave.
- ❑ **NO STREET SHOES.** Ensure clients do NOT use street shoes in the facility. They need a separate pair of sneakers to wear during their workout.
- ❑ **NO HIGH-FIVES IN THE FACILITY.** Air high-five instead! :-)



- ❑ **WIPE DOWN EQUIPMENT AFTER EACH USE!** Make an announcement BEFORE class starts that ALL members need to wipe down each piece of equipment they use as soon as they are done with it. Make sure everyone knows where the wipes are. (coaches must reinforce this!)
- ❑ **CLIENTS SHOULD NOT WORKOUT IF THEY AREN'T FEELING WELL.** If clients aren't feeling 100%, have them rest and come back when they are feeling better.

PREVENTION FOR STAFF:

- ❑ **NO STREET SHOES.** Ensure staff does NOT wear their street shoes inside the facility. They need a separate pair of sneakers while they are in the facility.
- ❑ **STAFF HAND WASHING:** Staff should wash their hands when they arrive and leave for at LEAST 20 seconds each, and also throughout the day after each class or coaching session.
- ❑ **NO HIGH-FIVES IN THE FACILITY.** Air high-five instead! :-)
- ❑ **STAFF SHOULD NOT COME INTO WORK IF THEY AREN'T FEELING WELL.**

IMPORTANT BEST PRACTICES FOR PREVENTION:

****Your team is on the FRONT LINES for prevention. The best rules don't mean anything unless they are followed.*

- ❑ **UPGRADED CLEANING SCHEDULE.** At an absolute minimum, equipment needs to be disinfected throughout the day (after each client use) AND a deeper cleaning at the end of each day.
- ❑ **Hold a TEAM PREVENTION MEETING.** Go over the new cleaning schedule and all of the precautions you are taking to keep the team and clients healthy! Clearly outline their responsibilities and what they need to do. Let them know you are DEPENDING on them to follow through with these precautions, and how IMPORTANT it is to their health and the safety of the entire community that they do not cut any corners.
- ❑ **SPECIAL ANNOUNCEMENTS.** Announce BEFORE class starts that all members must wipe down each piece of equipment they use as soon as they are done with it. The staff is responsible to make sure this policy gets followed.
- ❑ **POST PREVENTION POSTERS.** Put up prevention posters around your facility to make sure your clients know how to keep themselves and other clients healthy! (sample poster will be available soon [here](#))
- ❑ **PRODUCTS WITH EPA-APPROVED EMERGING VIRAL PATHOGEN CLAIMS** that are expected to be effective against COVID-19 based on data for harder to kill viruses.

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2?fbclid=IwAR017te4Gv6btcbyerOZPtXRx0Lx_Z3jOFpxTffljYjfyviQ_ZQpQff799c

- ❑ **SEND YOUR PREVENTION EMAIL.** Send an email to your clients and community to let them know the extra steps you're taking to keep them healthy ([Sample Email + Immunity Checklist](#))

QUICK REFERENCE CDC PREVENTION CHECKLIST:

- ❑ Avoid close contact with people who are sick.
- ❑ Avoid touching your eyes, nose, and mouth.
- ❑ Stay home when you are sick.
- ❑ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ❑ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ❑ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.