

## **RADD CrossFit Covid Guidelines**

- Capacity for all in person ADULT classes is currently set to 8 adults per class
- Capacity for all in person KIDS classes is currently set to 6 kids per class
- Capacity for all in person ATHLETE classes is currently set to 4 athletes per class
- A RESERVATION IS REQUIRED FOR ALL IN-PERSON CLASSES
- Reservations for in person classes are open 7 days prior to class start time using WODIFY App
- Reservations will remain open until 60 minutes before class start time
- Reservations for the 6 AM class close the night prior at 8:00 PM
- ZOOM classes will have its own reservation and check in section. If you are attending a ZOOM class please ensure to signup for ZOOM in WODIFY as to not take up an in person training spot
- Cancellations made within 1 hour of the class start time are marked as "Late Cancellations"
  - There is a \$15 fee associated with "Late Cancellations" and No Shows.
  - "Late Cancellations" and No Shows also count against an Athlete's attendance limits for those on session plans.
  - IF YOU DO NOT HAVE A RESERVATION YOU WILL NOT BE PERMITTED TO ATTEND CLASS. THERE ARE NO EXCEPTIONS TO THIS POLICY. THE COACHES MUST PREPARE EQUIPMENT, SPACE, AND THE CLEANLINESS OF WORKOUT AREAS AHEAD OF TIME.

The health and safety of our members and staff is our top priority. We will closely monitor and adhere to the guidelines and recommendations set forth by the CDC as well as local, state, and federal officials.

- Plan to arrive 5 - 10 minutes prior to class start time for temperature screening and questionnaire
- Temperature screening and questionnaire will be required at the Reception Desk of The Training Station
- Masks must cover nose and mouth and will be required at all times when in the facility
- 6 Feet social distancing must be practiced
- Wiping equipment clean after use will be required
  - Spray and wipe equipment before workout
  - Spray and wipe equipment after workout
  - Spray and wipe floor when workout is completed

- Open Gym classes are not supervised by a coach
- RADD and The owners at Training Station reserve the right to refuse service to anyone that has COVID-19 symptoms or fails to follow facility guidelines

Let's also remember that it has been a long time since we have been at the gym so take it SLOW and enjoy the process. Just like always, come as you are and progress will happen.

And lastly, if you are not ready to come back, NO WORRIES, we will continue to host our classes on ZOOM from the comfort of your home.

Your health is our priority and we love you wherever you are.