

Kettlebell Relaunch Plan

To ensure student and instructor safety and reduce the risk of transmission of COVID-19 among attendees to kettlebell classes we have developed a relaunch plan using the Alberta Relaunch Guidance Documents.

1. Screening for Symptoms

- Prior to beginning each class the instructor will complete the screening questionnaire to determine if they are experiencing any symptoms. If they are, they will arrange for an alternate instructor to teach the class.
- Prior to entering the sanctuary each student will be asked to complete the screening questionnaire. If student answers yes to any question, they will be asked to leave the facility and not attend class until determination is made why they have the symptoms.
- Any student that is exhibiting any symptoms cannot enter the facility or participate.

2. Distancing Measures

- We are promoting one-way traffic flow to avoid inadvertent interacting by using the front doors as the entrance and the side doors as the exit. When you arrive, we ask that you bring your shoes and other belongings to the side door.
- Please arrive for class 5 minutes before the beginning of class to prevent congregating with prior class.
- Mat distancing will be 3 meters apart as per high intensity guidelines. The mats will be staggered and facing the instructor.
- Bells will be returned to the location marked near the side doors. Students leave through the side door to prevent congestion and ensure social distance measures.
- We will ensure 30 minutes between classes to allow for distancing between classes.

3. Cleaning

- Communal chalk will no longer be provided. If students require chalk, they will provide their own.
- If possible, we encourage students come dressed in workout gear prior to coming to class.
- A minimum of 60% alcohol will be used to clean bells, mats, washrooms and surfaces. This will be done by the instructors prior to and after use of equipment.
- Hand Sanitizer will be provided at the entrance and exit locations.
- Circuit routines and Dragon Walks will be suspended to prevent sharing of equipment.
- We require 30 minutes between classes to enable thorough cleaning.
- We encourage frequent hand hygiene before and after class.

4. Personal Protective Equipment

- Instructors will wear face masks when working with new students or correcting movements when they must be within 3 meters of students.
- Students can wear masks if they choose. The Alberta Guidance Documents does **not** recommend this for high intensity workouts as the masks restrict breathing and can cause negative health effects.
- It is recommended that students and Instructors wear masks when they are not engaged in intense physical activity.

5. Responsibilities

- Instructors will be responsible to communicate this plan to students.
- Instructors or their designate will be responsible for Screening students prior to class, reminding students of distancing measures, cleaning equipment, washrooms and surfaces.
- Students are responsible to inform Instructors if they are feeling any of the screening symptoms and to stay home if they are feeling any of the screening symptoms.

6. General

- To restrict contact there will be no makeup classes with other times or dates. We will stay with our registered class to avoid unnecessary contact with others.
- Fans will be placed along the walls and directed to the front of the class to maintain temperature and reduce direct contact with students.
- Staff and Students will follow the Alberta Information guide "Prevent the Spread of COVID-19" posted at the entrance.
- Students will limit their time spent in the facility and maintain physical distancing when returning to their vehicles.
- Students should not share any personal items (e.g. water bottles, towels).
- Students are encouraged to bring and use their own hand sanitizer.
- Information posters will be posted at the entrance lobby.

7. Rapid Response to Symptomatic Individuals

- If a student or Instructor shows symptoms of COVID-19 the person will be isolated from others present.
- Whoever becomes symptomatic during class are required to be isolated from others and return home immediately.
- For tracing measures Instructors will collect names and contact information of attendees.
- Immediate cleaning of equipment and surfaces that may have been contacted by the symptomatic person will occur.
- Remaining students and instructor will perform hand hygiene.
- Consideration will be made to suspend the event.