

## CFNKY COVID-19 Response Plan

We have already started taking precautionary measures to help minimize the risk for our community. Infact, we have started extra cleaning with a cleaner approved by the EPA that kills the Coronavirus, along with wiping all surface areas, door handles and high traffic areas down throughout the day.

At this time we have no plans to close the gym, obviously this situation is fluid and can change at any time. In addition, we will rely upon the Kentucky Department of Health as well as the CDC and the WHO for guidance regarding further action.

Please note the proactive changes below, and contact us with any questions.

- **Sorry, No Chalk Buckets** - Please plan to bring your own chalk or chalk bags if it is necessary.
- **Keeping Equipment Clean and Workout Area** - There are extra disinfecting wipes around the gym. Please wipe down any equipment you have used at the end of class. If you have sweated during the workout please be considerate and wipe up the surrounding area.
- **Saturday Community class** - Until further notice, this class will be limited to members and their spouses/significant others/family, and not open to the public.
- **Hygiene** - Wash your hands before and after workouts.
- **Not Feeling well?** - Stay home if you are not feeling well. Please see FB for “at home workouts”.
- **Kids** - If possible we recommend you leave children at home. However, we understand that is not an option for everyone. Please clean up after your child and disinfect any areas they may have been in contact.
- **Athlete Check In** - Athletes are asked to check in on their phones through the member app or have the coach check you in.
- **Drink Purchases** - Please utilize hand sanitizer or wash your hands prior to and after using the iPad or have the coach complete the transaction.
- **Music** - Only the class coach will be allowed to change music in order to minimize contact to the device.