

REOPENING PHASE 2

TEF COMMUNITY PROTECTION PLAN

PLAN.
PREPARE.
PRACTICE.



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LETTER

TO OUR COMMUNITY

First and foremost, thank you for being part of this family. Your dedication and continued support throughout this unprecedented time has been nothing short of amazing and we cannot express how grateful we are. Thank you.

As we move into Phase 2 of the Maryland Roadmap to Recovery and our ability to reintroduce indoor group fitness again, we wanted to be sure to address our reopening plan with you in a clear and transparent manner.

This is the second part of our 'Plan. Prepare. Practice.' framework to allow us to safely and effectively move forward and once again offer you the fitness and wellness services you have come to expect from The Endurance Factory. We will release further communications each time a new Phase is introduced to Maryland's regulations.

Please note that any of this can change at any time based on State, Federal, and/or CDC guidelines and regulations.

Again, thank you for standing with us. We look forward to settling into a new routine, finding our new normal, and growing together.

YOUR GRATEFUL ENDURANCE FACTORY TEAM



CODE OF CONDUCT

In an effort to keep all of our staff and members as safe as possible, we ask that everyone follow this Code of Conduct during Phase 2 of our reopening.

Health Protocols:

Members will self-screen before attending any class or gym activity for any of the following new or worsening signs or symptoms of possible COVID-19 and if detected, agree to not attend and have themselves screened by a medical professional:

- Dry Cough
- Shortness of breath/difficulty breathing
- Chills
- Headache
- Sore Throat
- Loss of taste or smell
- Feverish feeling or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact to a person who has been confirmed to have COVID-19.

*If you have been exposed and/or tested positive, complete full isolation procedures and be re-tested BEFORE returning to the gym.
In short, if you are sick, STAY HOME.*

Before Class:

Members will reserve all classes in accordance with standard procedures for class attendance. Members will also agree to not enter the building more than 10 minutes prior to the scheduled start of any class.

Entry:

All members and visitors must go through the following procedures before entering the gym:

- Hand Sanitizing
- Temperature Check: Your Coach will greet you inside the door and perform a temperature check with our FDA approved non-contact forehead thermometer.

If your temperature is equal to or greater than 100.0 degrees Fahrenheit, we will provide you with the opportunity to be rescanned after approximately 2 minutes. If your temperature is still equal or greater than 100.0 you will not be permitted inside the gym and will be asked to leave immediately.

Any member showing obvious signs of illness may also be questioned by Staff regarding any illnesses.



CODE OF CONDUCT CONT.

Once cleared, your Coach will check you in. **Please DO NOT use the touchpad yourself to check into any class.**

Members are encouraged to wear appropriate cloth masks when entering and exiting the gym and when interacting with Staff and/or other members, but may remove them as necessary to exercise once properly distanced.

After entering the gym, you will find designated areas marked by white or yellow tape on the floor. These are distanced workout boxes. Find an empty box, place your belongings in the box and await instruction for class to begin.

During Class:

Members must maintain proper distancing guidelines during all classes as instructed by Staff and/or indicated by physical markings in the facility. Members are strongly advised against ANY avoidable physical contact while in the facility.

Members will bring their own water bottle and will only use the bottle filler, avoiding contact with any part of the water fountain itself.

Members will select their equipment only when individually instructed to do so by the Coach and use ONLY that equipment for the entirety of the WOD.

After Class:

Members will be required to wipe down any equipment used with disinfectant wipes post-workout. After wiping down and returning equipment to its designated area, members are advised to thoroughly wash their hands per posted CDC guidelines or utilize one of the hand sanitizer stations set up throughout the facility.

Members must exit the building no more than 5 minutes after their equipment has been cleaned and put away.

Racing/Exposure to Large Gatherings:

Members who attend a race or other large gathering or are exposed to a large gathering are highly encouraged to follow CDC guidelines and are advised to self-quarantine for the appropriate time period to mitigate exposure to our member community.



CLASSES & SCHEDULE

WE WILL CONTINUE TO HOST VIRTUAL WORKOUTS VIA ZOOM AT 9:30AM & 6PM M-F.

According to Phase 2 from Governor Hogan's 'Maryland Strong: Roadmap to Recovery', indoor gym and fitness classes may resume as of 5pm Friday June 19th, 2020 at 50% capacity and in compliance with other specific guidelines.

Following the capacity guidelines, our normal class cap of 14 athletes is well within compliance. However, as we work through this new way of operating, we have decided to resume classes with a capacity of 12 athletes per class.

As has always been our policy, athletes MUST reserve their spot via web portal or our Members App ahead of time. Reservations are still available one week prior to the class start time, and close one hour before class begins. With limited class spots, we will strictly enforce the \$10 penalty for anyone who no-shows and does not cancel their spot.

In addition to our regular indoor classes, we will be offering an outdoor version of IntervalFIT, weather permitting, to help alleviate the limited spots of the indoor class.

PHASE 2 SCHEDULE

TEF60:

6a M-F

7:30a M,W,F

9:30a M-F (Zoom Stream)

12p M-F

6p M-F (Zoom Stream)

8a & 9:30a Sat

9a Sun

IntervalFIT Outdoors*

5:15p M-Th

8a Sat

DEKAFIT/DEKASTRONG**

7:30p Th. Launch date TBD

* Weather permitting.

** Group Add-on Program



CLEANING

ENHANCED CLEANING PROTOCOLS

The hygiene of our equipment and the gym will be our single biggest priority as we re-open indoors. We have added a number of suppliers and increased our budget to meet the vastly expanded needs of maintaining a safe environment for staff and members alike. We have researched and acquired products that are certified by the EPA as effective against coronavirus. A number of these products will be familiar to you as we have used them since we opened our doors in 2017.

Hand Sanitizer Stations:

There will be a minimum of three hand sanitizer stations throughout the gym; one just inside the main entrance, one on the 'members shelf'*, and one in the front cardio area. Please follow all procedures to sanitize your hands before and after every workout.

*Please DO NOT use the shelf to store your phone, keys, water bottles etc.

Equipment Cleaning:

All equipment will be wiped down with disinfecting wipes by each athlete and returned to its designated area after each class. Once all equipment has been put away, the Coach will apply an EPA approved sanitizing spray to all equipment and allowed to dry.

Floor and Facility:

All common areas, including bathrooms, the water fountain, and doors will be cleaned after every class. All floors will be thoroughly cleaned and disinfected after every class with our Bulldog Scrubber and Foster 40-80 First Defense Disinfectant which has demonstrated effectiveness against viruses similar to coronavirus disease 2019, COVID-19 (SARS-CoV-2) on hard, non-porous surfaces. This cleaner is classified by the EPA as a "Disinfectant for use against SARS-COV-2, the cause of COVID-19"

<https://www.thesweeper.com/foster-first-defense-disinfectant-5-gallon>

We will also deploy CleanBreak, a layered protective facility cleaning system as part of our Monthly-Weekly-Daily cleaning protocol. For more information, visit <https://rubbersealantanddisinfectant.com/facility-disinfectant/>



CONTACT US

QUESTIONS, COMMENTS, OR CONCERNS?

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