



GRITT Athletics
102-20445 62nd Ave
Langley, BC V3A 5E6

Introduction

The following documents the operational, class, and cleaning procedures for GRITT Athletics. This document is subject to change as new procedures and guidelines are outlined by the Federal, Provincial, and local governments.

Facility

- GRITT Athletics is located at 20445 62nd Ave in Langley
- Boutique Fitness gym specializing in CrossFit
- 100 total members
- Total square feet – 3100
- Open area for classes - 2400 sq. ft
- 2 large 14” overhead doors
- A 12’ high volume ceiling fan
- 2 separate man doors for entry and exit

Gym Operational Procedures

1. The gym will divide its space into athlete squares
 - a. Each Square will be approximately 7’x14” to allow each athlete approximately 100 square feet of their own space.
 - b. Squares will be appropriately spaced to maintain social distancing protocols.
 - c. Each square will also contain all the equipment that the athlete will need for the class.
2. Athletes will reserve their “square” ahead of time by utilizing the gyms reservation software.
3. Attendance will be capped at a max of 8 athletes per class.
4. Classes will be run for 60 mins with a 30 min transition time for the next class. This will allow us to clear the building and do any necessary additional cleaning in between scheduled classes.
5. At this current time, we will not allow the most vulnerable populations into the gym (kids and elderly) until the Province allows it.
6. The gym will continue to offer virtual and online options to anyone that wants to take advantage of that option.

Gym Operational Procedures con't

7. Example diagrams and a photograph of the athlete squares are attached below.



Social Distancing Class Procedures

1. We ask that athletes come to class dressed, and ready for their workout.
2. We ask that athletes do not enter the building early for their class. Athletes will enter the building and report to their reserved square 10min before their reserved class start time.
 - a. Example: Bob is reserved for the 6AM class, Bob arrives at the gym at 5:45AM, Bob stays in his car until 5:50AM and then enters the building.
3. Upon entering the building athletes will be asked to sanitize their hands via washing, or a hand sanitizing station
4. Athletes will enter the building via the main entrance and proceed immediately to their reserved "square"
 - a. No congregating in the lobbies or common spaces.
 - b. The Front desk will remain closed to members.

Social Distancing Class Procedures con't...

5. All personal belongings will accompany them to, and remain in their “square”
 - a. Athletes are asked to minimize the amount of personal belongings brought into the gym. Please leave as much as possible in your vehicle.
 - b. Additionally, Athletes are asked not to bring any food items to the gym. Water bottles or shaker cups are allowed.
6. Everyone will be screened upon entering with the following questions -
 - a. Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat, and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
 - b. Are you, or anyone you are living with, either sick, self-isolating, or quarantined?
7. All equipment needed for the class will be provided in the athlete’s “square”
 - a. If additional equipment is needed, ask the coach, and they will retrieve it for you.
8. Coaches will provide time in the class schedule for “bathroom breaks”. To maintain proper social distancing guidelines, we will ask only 2 athletes per bathroom (Men’s and Women’s) at any given time.
 - a. If you need to use the bathroom, please be responsible and follow the hand washing protocols displayed in the bathrooms.
9. We ask that athletes bring their water bottle to class
10. Immediately following the class, the coach will lead the group through proper cleaning procedures of the athlete’s equipment.
11. Once the “square” and its equipment are clean the athlete will be free to exit the facility.
 - a. We ask that athletes exit the facility within 10 minutes of their class ending, to allow time for the coaches to do additional cleaning before the next class arrives, and to prevent overlap with the new class coming in.

Contact Tracking

1. Utilizing the gyms reservation system and attendance tracking software, staff and local health officials will be able to quickly recall with whom a PUI (Person Under Investigation) has been in contact with.
 - a. If notified of potential exposure from an athlete or coach the gym will notify all individuals that have come in contact with a PUI of the situation, and ask them to self-quarantine for 14 days, while checking for symptoms and comply with all state and federal guidelines.
 - b. Any PUI will not be allowed to enter the facility

Additional Safety Measures

1. We have the advantage of two large overhead doors and a 12' ceiling fan for air flow.
2. Gym will be equipped with multiple Hand Sanitizing stations for athletes to use at their discretion.
3. Athletes will be asked to shower at home and not use the gym shower facilities for the time being. The showers will be closed.
4. The water fountain and bottle filling station will be closed. Please bring your own water.
5. Coaches will clean shared spaces in between classes to include:
 - a. Bathroom door, faucet and stall handles
 - b. Soap dispensers
 - c. Front Door Handles
 - d. Gym Timer remote
6. The gym will forgo the use of shared chalk. If you need chalk please bring your own personal supply, and do not share with others.
7. The gym will adjust workout programming to eliminate the use of shared equipment.
8. Athletes will record results from their personal cell phones. The gym computers will be for coaches use only.
9. All retail items for sale will be handled by the staff only. Athletes are NOT permitted to "self-serve".

Benefits of Physical Exercise - specifically in a supervised group setting

1. Supervision and instruction of a professional coach provides the best results with the smallest risk of injury.
2. Programming, exercise selection, duration and frequency are designed and tailored to individuals and administered in a controlled manner that cannot be replicated online, at home, or remotely
3. Gyms provide access to equipment that most people do not have (very difficult to find stock right now due to panic purchases since early March 2020)
4. Medical research findings strongly support that regular exercise can prevent or at least reduce the severity of ARDS which affects up to 85% of patients admitted to ICU units. Severe ARDS is fatal in approximately 45% of patients who experience it.
5. Mental benefits of exercise are improved mood and outlook, ability to handle stress, cognitive function improvement, and reduction of depressive symptoms. As outlined in the states own diagram for "Mental Health and Reducing Anxiety"
6. People stuck at home with no ability to exercise are more at risk for severe cases of COVID-19 than those who can safely workout.
7. Regular physical exercise is a significant immune system booster and it is well documented that more fit people who have a generally nutritious diet are significantly less likely to have a fatal encounter with COVID-19 (or any other common illness)