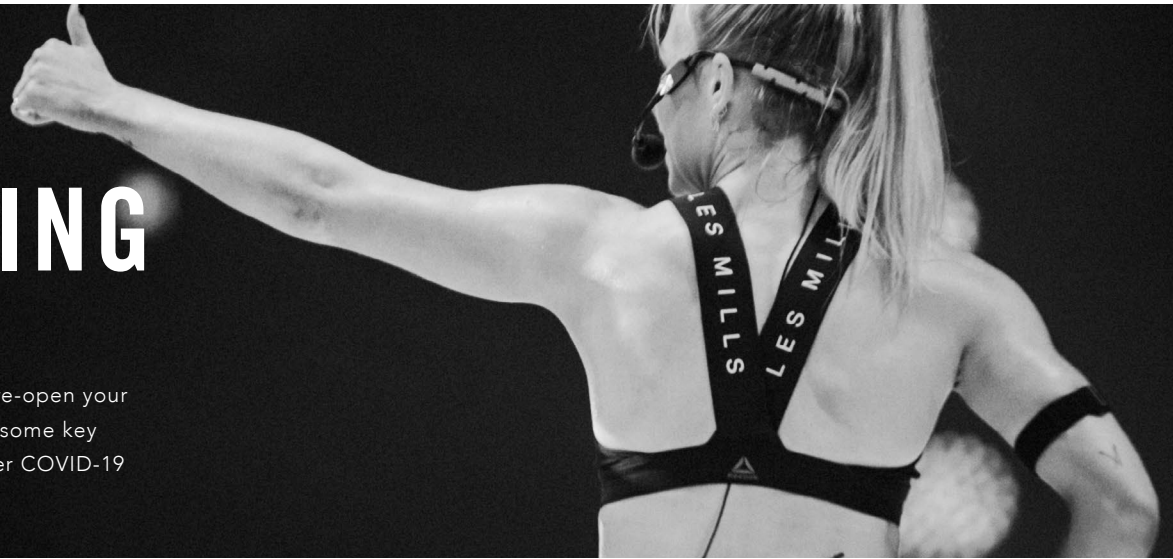


# EVENTS AND PHYSICAL DISTANCING

## PRE EVENT

COVID-19 has changed the way fitness facilities are required to run events. As you re-open your doors and run events, you need to help members feel safe and confident. Here are some key strategies you can implement to assist you in running a safe event in your club under COVID-19 physical distancing regulations.



### COMMUNICATION IS KEY

Create an event communication plan detailing how you will regularly communicate important messages on new ways of operating and what measures are in place to keep your attendees safe and informed. Make it clear that safety is your key priority.

### ONE IS BEST

Have one key communication channel for important updates. People may miss important messages if you share some via Facebook and others via email.

### REGISTRATION CAPACITIES

Review maximum registration capacities to enable safe social distancing throughout the event and avoid queuing. Implement contactless registration if possible.

### ON YOUR MARKS

Use markings (such as tape) on the floor to help members maintain a safe distance. Create staggered 'grids' to ensure people stay a safe distance apart.

### STAGGER ROWS

Stagger each row so there is a safe distance 12 ft between people. One marker and the marker directly in front and directly behind. Staggering rows will ensure participants are kept a safe distance 8 to 10 feet away left to right and more than 6 feet away from the person on the next row.

### KEEP A DISTANCE

Keep a 2-metre safe distance between each of your attendees throughout the event, from contactless registration to all event workout areas.

### MIND THE GAP

Ensure there are buffers in your schedule that let attendees enter and exit classes in an orderly and safe fashion. You need to allow time for cleaning and avoid queues of people.

### PLAN YOUR CLASS

Work with your Instructors to plan their class and choreography well in advance. Consider the specific class format, space required, and what tracks they may need to adapt to maintain appropriate social distancing.

### BRING YOUR OWN

Ask attendees to bring their own full drink bottles, sweat towels, boxing wraps/gloves and yoga mats to reduce the chance of transmission on equipment or water fountains.

### CLEAN EQUIPMENT

Wipe down all equipment including bars, weights, steps and bands before and after use.

### INFORM + UPSKILL

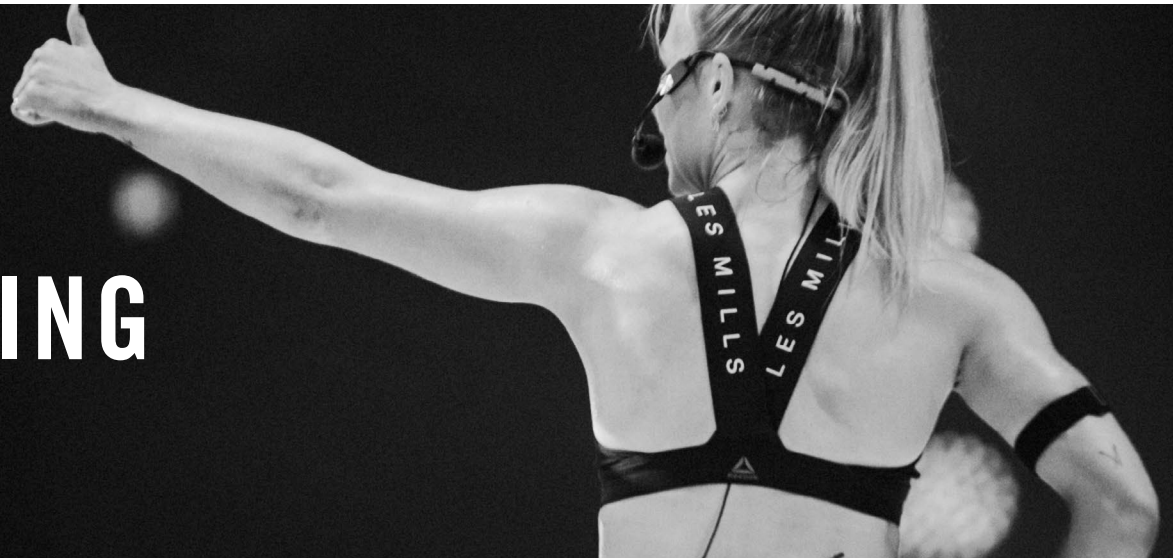
Provide comprehensive education to your event team on new procedures, including your plan for attendees that display any sign of illness.

### PRE-ASSIGN

Pre-assign spots within classes for attendees including equipment setups such as bars, weights, steps on each marker (Icon).

**These guidelines are general in nature. Please follow all local, state and national Covid-19 safety recommendations for your area as well as those of health authorities and your fitness facility.**

# EVENTS AND PHYSICAL DISTANCING DURING EVENT



## **BUILD CONFIDENCE**

Use physical and digital signage to highlight new health and safety measures. Ensure Health announcements can be seen by attendees before they enter the venue/club. Put specific messages in the most appropriate places, for example using Keep your distance posters where people may line up.

## **PRE-CLASS ANNOUNCEMENTS**

Have your instructors make pre-class announcements: introduce the class, and explain the use of space within the class design. Ask attendees to adapt moves and patterns to be aware of their personal space and maintain social distancing.

## **LET FRESH AIR FLOW**

The flow of outdoor fresh air is ideal to quickly disperse exhaled air.

## **MAKE SPACE**

Use any available space to increase your social distancing. Some clubs are running events on basketball courts, training fields and even car parks.

## **INJECT THE FUN**

We know, these protocols aren't fun but it is all about keeping you and your attendees safe. Remember to inject the fun and passion into your events and bring a smile! Be safe and be kind.

## **BOTTLED WATER**

Supply bottled water for attendees to refill drink bottles throughout the event.

## **BE HEARD**

Use event announcements to explain the social distancing and hygiene rules every 30-45 minutes and ask instructors to share these reminders before and after classes..

## **TRAFFIC MANAGEMENT**

Clubs around the world are ensuring safe distances by running their events at reduced capacity. Creating a one-way system around your venue/gym makes it easier for people to move around and keep their distance.

## **HEALTH + HYGIENE**

Provide hand sanitiser, wipes and disinfectant spray in multiple locations.

## **BE SEEN TO BE CLEAN**

Help members feel safe and secure by increasing the frequency and visibility of your health and hygiene practices. Wipe down all equipment including bars, weights, steps and bands before and after use.

## **CLEAN AND LEAVE EQUIPMENT**

Ask attendees to wipe down their own equipment as an extra measure after use. Have members leave their equipment after the workout.

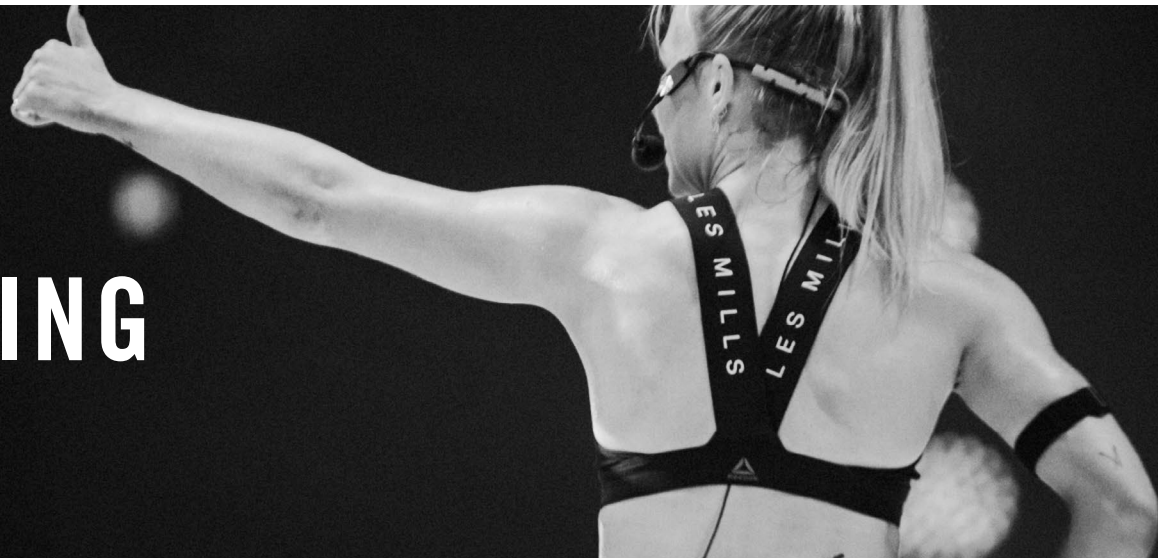
## **NO HUGS OR HANDSHAKES**

No hugs or shaking hands before or after class.

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# EVENTS AND PHYSICAL DISTANCING

## POST EVENT



### GIVE THANKS

Have your instructors and event team thank your members for coming. Send a follow up communication to all your attendees.

### THE POWER OF COMMUNITY

When members have a great and safe experience, they'll tell their friends and more people will return to future events.

### CLEAN, CLEAN, CLEAN

Have cleaners complete a full clean of any equipment including staging, audio and work out equipment used throughout the event.