

## Kirmayer Fitness Center

### COVID-19 Personal Training Program Updates

This document serves as part of Kirmayer Fitness Center's phased re-opening procedures. The health and safety of our staff, members and guests are our top priorities. Therefore, there will be extra guidelines and limitations, upon reopening. Please review the following guidelines and limitations, in its entirety.

1. Masks will be required for everyone, while in Kirmayer Fitness Center.
2. Sanitize hands, upon entering and exiting the facility.
3. Distancing will be required.
  - Clients and trainers will be spaced with at least 7 feet of distance between them for classes.
  - Be respectful of others and practice social distancing, by staying at least 6 feet apart when moving through the facility.
4. Personal training participation
  - Sessions must be scheduled 24 hours in advance.
  - Same day personal training sessions will not be allowed.
  - Trainers will coach clients, from a distance.
  - Only during emergencies, will the trainer get closer than 7 feet or touch the client.
5. Equipment and room cleanliness
  - Equipment will be sanitized prior and after usage.
6. Water bottles are strongly recommended, as the water spigots have been disabled for member safety.
7. KUMC ID badges and key tags will be **REQUIRED** for member access into the facility.
8. If you are exhibiting flu-like symptoms or have been in contact with someone who is exhibiting flu-like symptoms, stay home.
9. Follow all signage and protocol lined out by Kirmayer staff.