



GUIDELINES & SAFETY PLAN FOR COVID-19

As Dolphin Fitness takes the necessary steps towards a safe re-opening, we understand that employees and members may have questions about safety and the new policies & procedures that we have implemented. We have outlined our Covid-19 safety plan here. The safety plan will be mandatory for all Dolphin Fitness employees, members, and visitors.

HOURS

**Upon re-opening on Wednesday, September 2nd,
at 6am, Dolphin Fitness will remain open for 24
hours a day, 7 days a week!**

REQUIREMENTS FOR ALL DOLPHIN FITNESS EMPLOYEES, MEMBERS & GUESTS:

- **Stay home or go home if you are sick**
- **Maintain social distancing at all times**
- **Wear a face mask at all times**
- **Wash your hands with soap and water frequently or use hand sanitizer**
- **Cover your nose and mouth with a tissue or the inside of your elbow when sneezing or coughing**
- **Avoid touching your face**
- **Replace handshakes with head nods or waves**
- **Avoid using other employees' phones, desks, equipment, or work tools**
- **Bring your own towel and mat**

WHAT IS DOLPHIN FITNESS DOING?

1. Monitoring & abiding by federal, state, and local laws & public health communications about Covid-19.

2. Before re-opening, we will hold a company-wide training on safety procedures & protocols to ensure the safety of our members, employees & guests.

3. We are doing everything we can to keep our customers & staff safe during these trying times.

CAPACITY:

We'll ensure that capacity within the gym is limited to no more than 33% of the maximum occupancy.

FACE MASKS:

Face masks are mandatory when entering the facility, with the exception of children under the age of 2, and people who are medically unable to tolerate such covering (these individuals are required to wear a face shield at all times).

***Face masks & gloves will be provided to employees.**

SCREENING:

We have implemented a mandatory health screening upon entering the facility – this includes check-in, questionnaire, and temperature check. This information will be made available to state & local health departments upon request.

*** Any person who fails the health screening will not be allowed to enter the club.**

DISTANCING:

Individuals must adhere to 6 feet of social distancing between each other. Signs & guidance marks to facilitate social distancing have been installed throughout the club.

To ensure a phased re-opening, use of certain parts of the gym (lockers; showers) will be restricted until further notice.

HYGIENE, CLEANING, AND DISINFECTION:

Cleaning & disinfecting requirements from the Centers for Disease Control & Prevention (CDC) and Department of Health (DOH) will be strictly adhered to, and logs that document the date, time, and scope of cleaning and disinfection will be kept on site.

Members will be required to wipe down equipment before & after use.

Complete cleaning & disinfection will be performed during off-peak hours.

Hand sanitizer stations and disinfectant spray bottles will be placed throughout the club.

HVAC:

All of our central HVAC system filters have been upgraded to a minimum of MERV-13.

All Dolphin Fitness employees, members, and guests will be required to complete a health questionnaire upon arrival. These health questionnaires will be kept confidential and will be kept on file for 28 days as per New York State Guidelines and will be made available to state and local health departments upon request.