



HMC Computraining COVID-19 Prevention and Practice Policy 9/2020

We have put several controls in place to help prevent the spread of COVID-19 to keep you safe and to be able to continue to provide you with quality programming.

What can you do?

1. If you are sick, stay home. If you have a fever of 100.4F or higher, chills, new cough, shortness of breath or difficulty breathing, runny nose, sore throat, fatigue or body/muscle aches, nausea, vomiting or diarrhea, loss of taste or smell call your primary care doctor to determine appropriate medical treatment and follow-up.
2. If it has been recommended that you be tested for COVID and have not yet received your test or your results, please stay home and self-isolate.
3. If you have tested positive for COVID please stay home until you have been told you may discontinue isolation.
4. If you have been tested and are COVID negative, please stay home until you have no fever for 24 hours without the use of pain-relieving or fever-reducing medications.
5. If you have not been tested but had COVID-like symptoms, please stay home until you have no fever for 24 hours without the use of pain-relieving or fever-reducing medications and your symptoms are improving.

Social distancing, class sizes:

1. We ask that you practice social distancing of 6 ft from other participants whenever possible. Passing may occur at less than 6 ft but congregating in close proximity to others should be limited.
2. Class sizes will be limited to 6 participants leaving one compu-training station between each rider. Barriers have also been installed.
3. We encourage you to "cohort". This means that whenever possible you are attending the same classes on a weekly basis. For example, on a Saturday you typically attend only the 8 a.m. class. We understand that this is not always possible and want to encourage you to ride when you can.
4. Ventilation/HEPA – additional filtration has been added and we will open the garage door whenever possible to encourage increased air flow.
5. The use of individual fans at each station will be allowed.
6. Towel service will be provided. You may opt to bring your own towel.
7. We do ask that you wear a face covering when entering and exiting the facility, during passing, when using the locker room/restroom and when stretching or doing less vigorous activities. The face covering must cover your nose and mouth. It is your choice to wear a face covering during exercise.
8. We would like to limit the locker room shower area to 1 guest at a time.
9. Cleaning - individual cleaning of each station after every use, 3x/wk more thorough cleaning is performed. Deep cleaning performed 1x/wk. We will also be fogging the areas weekly or biweekly depending on use.
10. Wipes and hand sanitizer available throughout the facility.