

1. What will the hours of operation be?

- a. Monday – Friday: 4:30am – 9:00pm
- b. Saturday & Sunday: 4:30am – 5:00 PM

2. Through what doors will we enter for classes?

- a. All classes in “Bay 3” i.e. Boxing, TKD, Jiu Jitsu, MoFlex, etc. will enter through the 3rd bay door
- b. All other classes and open gym will enter through the middle doors into bay #2

3. Once we enter the gym to take a class what will need to be done?

- a. You must wash or sanitize your hands BEFORE class, we will be providing hand sanitizer, and we have the bathrooms if you prefer to wash your hands with soap and water.
- b. We ask that you keep personal items such as bags to a minimum, only bring what is necessary into classes.
- c. Sign up protocol is still in the works- please be on the lookout for an addendum.

4. Are masks required?

- a. Masks are required when entering and exiting per Governor Dewine and Amy Acton.
- b. Mask are also required to be on if you are not working out. Example: Talking to a coach or athlete after class.

5. What will the sanitation protocol be?

- a. Again, you will have to sanitize hands upon entering
- b. We have set up 3 sanitations in each bay, you are required to use disinfectant on anything you use in a timely manner.
 - i. We will have many spray bottles per bay of disinfectant
 - ii. We will have clean rags to wipe down equipment
 - iii. We will have two “trash cans” labels clean and dirty, you are expected to take a rag from clean and place it in dirty after each use.

- d. We will shut down for one hour daily for deep cleaning
- e. Every night we will have after hours deep cleaning

9. Will there still be community boxing gloves?

- a. We will no longer have community boxing gloves, you will be required to bring your own gloves

10. What is the capacity available for the gym to ensure safe distancing?

- a. We are permitted to have 1 person per 100sq/ft
 - i. That is equivalent to 40 persons/ bay or 120 people total
- b. Currently we are limiting class sizes to ~20 athletes/class, no overlapping classes (One class at a time)

11. What will the class schedule be?

- a. Classes will now be:
 - i. 45 minutes of training
 - ii. 10 minutes of athletes disinfecting their equipment and returning equipment and sanitation materials to the sanitation stations
 - iii. 5 minutes of change in class where the current class exits the building and the next class comes in
 - iv. Look for the addendum for specific schedule