

# Covid-19 High Exposure Policy

## Facility Usage

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- Open Gym sessions by reservation only (online booking):
- All visits are limited to 2 hours activity time.
- Guests and Members will be accompanied by a High Exposure staff to ensure social distancing,
- Summer Groups have been canceled
- Class sessions will take up booking slots.
- Private family group bookings are available.

## Guest obligations

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Each Family must fill out a COVID Affidavit Form  
Temperature check at the door will be recorded.

Before entering the facility, guests must:

- Wash your hands in our outdoor sink.
- Spray the bottoms of their shoes with Clorox wash

While in the facility, guests must:

- Sanitize their hands **before and after use of the equipment.**
- Wear mask for all indoor activities
- Wear masks in all common area spaces - including bathrooms
- Practice social distancing in non-family interactions.
- Push/kick door openings rather than touch openings for the exterior door and bathroom have been installed

## Facility Cleaning protocols

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- Ramped up approach to cleaning and disinfecting
- Fogging will be done at the end of day to help disinfect equipment that cannot be manually wiped down with disinfectant
- Antibacterial soap and water with a towel wipe down on surface areas and disinfectant
- **After hours gym deep cleaning. ProKure V- Fogging/moping**

ProKure V is an EPA-registered, liquid disinfectant/virucide/deodorizer formulated for hospital

The liquid spray leaves no harmful residue and is suitable for use against SARS-CoV2, the virus responsible for COVID-19. EPA

Registered to use against SARS-CoV2, the virus responsible for COVID-19

- Hospital type disinfectant.
- Kills viruses\*, bacteria, mold and odor-causing bacteria (10 minute kill time)

## Facility precautions

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High Exposure reserves the right to screen visitors for possible symptoms such as:

- Fever
- Sneezing/Cough
- Shortness of breath or difficulty breathing

- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Headache

**NOTE:** Liquid Chalk will replace any loose chalk 65% or greater alcohol content:

(We have a limited supply at the gym.)

We recognize the hardships that people are going through and thank you for your interest. Participating in our activities, although non-essential, vastly improve your mental and physical health.

We will do our part to ensure that our protocols are monitored and hope to spread a bit of joy and fun shortly.

We hope to see you soon.

All the best.  
The High Exposure Team