

Goal: To insure a safe environment for both the coach and client before, during and after an in-person training session

I. Before Scheduled Training Session

- a. If Coach and/or Client has contracted COVID-19, a doctor's letter is required stating that he/she is no longer infected
- b. Franchisee or Coach must communicate (via phone call, text or email) the GYMGUYZ in-person training protocols
- c. Coach must communicate (via phone call and/or text) with Client at least 12 hours before the scheduled session to confirm both parties' health status
- d. Coach must complete the Coach & Client Daily Health Tracker, sign and bring to session for Client to complete
- e. Disinfect exercise equipment, that will be used for the scheduled session, according to the COVID-19 Equipment Cleaning protocols already in place
- f. Utilize hand sanitizer
- g. Be prepared with NEW shoe covers, NEW masks, NEW gloves
 - i. Shoe covers are to put placed over the coach's sneakers upon entering the home
 - ii. The coach's mask should be put on prior to entering the home
 1. Masks MUST be new for each session IF they are intended for one-time use
 2. If the mask is washable, it can be used for multiple sessions
 - iii. Masks should be made available to the Client, but it is optional. When the Client is breathing heavily, the Coach must stand to the side of the Client and not facing the Client.
 - iv. The coach's gloves shall be put on AFTER disinfecting the equipment but BEFORE touching the clean equipment to bring into the home

II. During Scheduled Training Session

- a. Coach must remain 6 feet apart from Client at all times
- b. Upon entering the Client's home, the Coach must put on NEW shoe covers over his/her sneakers
- c. After putting on shoe covers, the Coach should provide a mask to the Client, if he/she is not already wearing one. If the Client chooses to wear the mask, it should be placed on a nearby surface.
- d. Once set up for the training session, Coach must provide Client with the Coach & Client Daily Health Tracker for him/her to complete and initial
- e. Coaches must continue to adhere to the implemented COVID-19 No Touch Policy

III. After Scheduled Training Session

- a. Upon leaving the Client's home, the Coach should remove his/her shoe covers and gloves.
 - i. Do NOT reuse shoe covers and gloves. They are intended for one-time use ONLY.
 - ii. Gloves should be removed according to the following CDC guidelines
 1. Do not touch your bare skin. Peel the glove away from your body, pulling it inside out. Hold the glove you just removed in your gloved hand. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
 - iii. Used gloves should be placed inside the used shoe covers
 - iv. Discard used gloves and shoe covers upon exiting the vehicle in the nearest trash receptacle
 1. Do NOT leave used gloves and shoe covers in the vehicle
- b. Before placing the used exercise equipment back in the vehicle, the Coach must disinfect all pieces, according to the COVID-19 Equipment Cleaning protocols already in place
- c. Use hand sanitizer