



## CrossFit Thalwil COVID-19 Prevention Protocol

The **health and wellbeing** of our members is our primary concern.

Due to the resurgence of the Coronavirus in the country, we are therefore implementing the following measures, **effective immediately**.

We don't like nagging, but we will if we have to, so we kindly ask you to adhere to these guidelines at all times.

**Together we can ensure that we create a welcoming and safe space for you to enjoy your workout in.**

### Class Size Limit

- All classes are strictly limited to a **maximum of 8 athletes per class**.
- Prior **registration on the Wodify app**, as well as **signing in upon arrival**, is **mandatory**.
- Please **do not come to class without being registered** - you will be turned away.

### Masks

- As per the latest rules published by the Federal Government, it is **compulsory** for all persons **above the age of 12** to wear a **mask** when **entering the gym** and while using the **changing facilities**.
- You do not need to wear one while working out but please ensure that you **remain within your designated workout space**.
- If you have forgotten your mask at home, **feel free to grab one at the entrance**. The suggested donation for this is **CHF 1** which can be paid into the coffee box or via the TWINT sticker on the fridges.

### Arrival At And Departure From The Box

- Entrance to the gym is only permitted **5 minutes prior to your class**.
- We kindly ask you to **enter through the upstairs door** and always **exit through the downstairs door** in the bathroom.
- Upon arrival, please **disinfect your hands** and **immediately go downstairs** to change your shoes or clothes.

### Behaviour In The Box

- Please **only enter the workout area 5 minutes before** your class starts.
- You are always welcome to **use the downstairs space to prepare** yourself before class.
- It is **mandatory to bring a sweat towel** with you to class.
- Always **maintain a 1.5 meter distance** between yourself and other members.
- As soon as your class finished, please **thoroughly wipe down your equipment** and follow the **coach's instructions** on either leaving it on the floor or returning it to its designated storage area.
- You are welcome to **stretch and prepare for leaving downstairs**. At all times you must have your mask on and ensure the appropriate social distancing rules are followed.

## Personal Belongings

- **No shoes or bags are to be left in the upstairs area at any time.**
- You can always use one of the **lockers in the downstairs bathroom** to store your shoes and equipment. (CrossFit Thalwil is however not liable for any lost belongings).
- Remember to always bring **indoor CrossFit shoes and avoid using any outdoor shoes for training** to avoid unnecessary dirt into the gym floor.

## New Evening Class Times

- In an effort to reduce crowds, ensure we have time to clean the equipment after every class and circulate fresh air by opening the big doors, we are immediately introducing a 10 minute window between our evening classes, with the new times being as follows:
  - **6PM class will start at 5:55PM and finish at 6:55PM**
  - **7PM class will start at 7:05PM and finish at 8:05PM**
  - **8PM class will start at 8:10PM and finish at 9:10PM**

## Open Gym

- There is an option to use the **PT room**, if available, with a **maximum capacity of 2 people** (coach and athlete or athlete and athlete). **This option must be booked through the Wodify app.**
- There are **no exceptions for a spontaneous drop in** without a booking.
- As a reminder there is also an **open gym option in the Gattikon Skillsbox**, where you can train on your own (unsupervised). **Maximum capacity of 4 athletes.** This option is also **bookable through the Wodify app.**

## Parking

- Since we have limited parking spaces in front of the gym, please make sure to **park your vehicle straight thereby allowing a maximum number of cars to fit.**
- If there is no parking space in front of the gym, **do not simply park in front of the neighbouring storeroom** (clearly marked with Grill-online.ch) or **any other neighbouring properties.**
- There are plenty of **white zones** in the surrounding areas, as well as the **coop parking** which is only 5 minutes walking distance which also doubles as a **solid warm up.**

## Mobile Phones

- We will be implementing a **phone charging station**, where all athletes should place their phones while working out.
- We strongly advise that you **download the SWISS COVID app** which will help to ensure you are alerted if someone in your class were to get a positive result.

## Symptoms / Exposure Notifications / Positive Test Result

- If you get notified by the app of a **possible exposure** to a COVID infected person or if you are **suffering from COVID-19 symptoms**, it is essential that you:
  - **Follow the BAG recommendations to isolate yourself and get tested.**
  - **Do not come to class.**
  - Immediately **contact Terrain and the coach** from the class you attended so that all other exposed members can immediately be notified.
- If you get a positive test result, please let us know as soon as possible so we can follow all preventive and contingency measures for our community.