

COVID-19 Safety Plan

PHYSICAL DISTANCING

- No more than 20 people are permitted in a group exercise class.
- 1.5m distance must be maintained between clients in a group class, or in a one-on-one personal training session.
- If clients come into contact with each other in a group situation (hill running, stairs and so on) they must maintain 1.5m distance between each other.
- No close contact partner activities or boxing are permitted as the 1.5m distance cannot be maintained. This practice will continue until jurisdictional regulations allow.
- Indoor sessions will minimise the number of people permitted in a class in order to maintain a one person per four square metres distance.
- When conducting personal training in a clients home, the 1.5m distance shall be maintained between all participants and the Fitness Coach.

HYGIENE

- Clients will use their own equipment and mats where possible.
- If equipment is shared, disinfectant or sanitiser must be used before and after use of the piece of equipment. All gear must be disinfected before being returned to the MBM vehicle.
- If MBM mats are to be used the client must have a towel large enough to cover the entire mat. Ensure that hands have been sanitised before the mat is collected and returned.
- Materials used to clean the equipment must be disposed of in the proper and safe manner.
- Clients are not permitted to share mats or personal equipment. If sharing is required, all equipment must be disinfected prior to use, and hands sanitised.
- The Fitness Coach will avoid touching equipment that is to be used by clients and if it is, then sanitiser will be used prior to touching the equipment.

IF YOU ARE UNWELL

- If any client has a cold or flu or feels unwell, they are required to stay away from class or training, for reasons of safety. This is one of the key recommendations of the public health authorities.
- The Fitness Coach has the right to ask a group class client to leave the session if they feel there is a risk to other clients, or themselves. They also have the right to reschedule a personal training session if they feel that a client is unwell enough to train, or they may be at risk of infection.
- If a client has symptoms of COVID-19 (cough, fever, sore throat, shortness of breath and fatigue), or suspect they may have been infected with COVID-19 (this includes close contact with another person diagnosed with COVID-19), they are strongly advised to be tested and to avoid training until it is safe to do so.

- If a client travels to an area that is a high-risk, they are advised to avoid classes or training until the appropriate time has elapsed, or they have been tested and proven to be clear of infection.

ATTENDANCE RECORDS

MBM will maintain a daily register of attendance for all group class clients and personal training sessions.

GENERAL INFORMATION

- Any client who does not feel comfortable with the proximity to other clients, or is unwell and following the correct procedure by staying home, may join the group classes or complete personal training online. MBM will cater for any client that feels more comfortable training this way due to the current circumstances.
- Should there be any known risk to any clients in a group class or personal training, MBM will revert back to online training until the risk has been resolved.