



Our Standard to Keep You and Our Team Safe

The health & safety of our community is our top priority. We've made some adjustments to how we operate to keep our community, clients & team safe.

Here are the changes you will be seeing:

Our Enhanced Cleaning Protocols

Hourly Deep Cleans & Monthly Testing:

BodySmart is a member of the NY Fitness Coalition. As such, we have been advised by an occupational health and safety specialist on how to exceed CDC guidelines. Keeping our members safe is our top priority.

We will be deep cleaning between **every** session, using the professional cleaning products and equipment provided to us by Kevin Godfrey and the TrustedSafe team. TrustedSafe™ is a monthly Certification Program that ensures that businesses are meeting current and evolving EPA, DOH and CDC guidelines to maintain the safety and health of their customers, clients, and employees.

They have worked with the Department of Health to develop and institute cleaning protocols in schools and government facilities, and now they are working with us to make sure we continue to go above and beyond when it comes to our members.

After our initial onboarding later this week, we will be submitting to random tests, which will result in a letter grade, similar to how restaurants in the city are graded. Rest assured that we will do whatever it takes to show the TrustedSafe 'A' Certification on the front door.

HVAC/Air Filtration System:

As per the Governor's orders, we are required to install the MERV-13 air filters in our HVAC system. When possible, we will also keep the fans on and doors open. We will also run an air purification system throughout the building.

How Members Can Help:

You will be asked to wipe down the equipment you used after your workout. It is **essential** to help in this effort. The gym will be stocked with wipes, hand sanitizer and cleaning supplies readily available throughout the gym. There are several disinfecting wipe stations and touchless hand sanitizer stations throughout the gym for you to use generously.

Bathrooms:

Bathroom facilities should be used "for emergencies only". Bathrooms will be cleaned regularly. You'll also notice a touchless soap dispenser, touchless sink, and a touchless paper towel holder.

Before You Arrive

Health Screening:

Every member is required to answer these following questions each time you come to the gym:

1. Have you experienced any symptoms of COVID-19 in the past 14 days?
2. Have you knowingly been exposed to COVID-19 or have come in close contact with a positive case within the past 14 days?
3. Recently visited a state with significant community spread of COVID-19 within the past 14 days?
4. Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?

If you answered yes to any of these questions, please see a coach or someone at the front desk. You may not be permitted to enter the facility.

When You Arrive

1. Please make sure you are wearing your mask prior to entering BodySmart.
2. Please change your shoes as quickly as possible and bring them with you to your pod.
3. You can answer the set of health screen questions either digitally through the QR code on the poster, or on the paper at the front desk. You do not need to do both.
4. Use hand sanitizer before going to your pod.
5. Make your way to the designated area-your coach will assist. Follow the arrows on the floor.

During Class/Session:

1. Please remain in the pod for the duration of your session.
2. Keep your mask on unless taking a drink.
3. When class is finished, please wipe down all equipment in your pod with the provided wipes.
4. Discard any masks and used wipes in the trash.
5. Wash your hands with soap and water or use hand sanitizer on your way out.

Social Distancing

The Gym:

Semi-Private Sessions

We have created "Strength Pods"- 4 areas in the gym where members can safely workout with their own equipment for that session. There will be no sharing equipment. Each pod will have their own set of equipment (rack, plates, bench, trx strap, resistance bands, multiple sets of DB & KB, med ball or slam ball) These pods will be more than 6ft away from each other, and be approximately 12ftx12ft in size.

Classes

To reduce every possible risk we will be limiting the number of members in our "large group" classes to 10 people. Each member will have a "workout pod" for the duration of the class. Each pod will have a set of equipment (trx strap, med ball or slam ball, resistance bands, plate, DB, KB etc.) to be used based on what the coach designs.

Spin classes will be held via ZOOM until we feel that it is safe to resume in-person. If you would like to rent a spin bike, please let us know. You can also join the spin zoom class if you have your own stationary bike, peloton, elliptical, treadmill, rower etc.

Your Personal Space:

Each member will have their own dedicated space during the workout that will be their own private area for the entire session. **Masks must be worn at all times, unless taking a drink of water.**

Your Equipment:

Please do not share any equipment during the class.

You are welcome to bring in your own equipment to use, but it must be wiped down and taken home with you after class. It cannot be left in the gym.

Masks

As per NYS, masks must be worn at all times, unless taking a drink of water. Gaiters, buffs and bandanas are not permitted. We understand this may be concerning for some of you. There are many different types of masks, and we have found that the type with the vertical seam keeps the fabric away from your mouth. We have ordered several different types to try out and we will let you know what we find.

We will also be modifying all classes and programs to accommodate the masks. This includes but is not limited to longer rest periods, frequent water breaks, and quality vs quantity reps (as always). Rest assured, with masks in place, we will provide a safe and effective workout.

Your Workout Schedule

All training sessions and group classes will be 45 minutes in length. This will give our team time to thoroughly clean in between sessions. Classes and sessions are also limited to 33% capacity as per NYS guidelines. That equates to roughly 4 per semi private session and 10 in the group class.

Reminder: we have switched over to Zen Planner from MindBody.

All scheduling/rescheduling will be done via the ZenPlanner app. Please do not stop at the front desk. We are limiting the amount of time that we will be staffing the front desk. If you need any help with scheduling via the app, please call, text, or email.

We have decided to create class/session schedules on a monthly basis. This will give us the opportunity to meet the needs of all of our members, both in person and remote. We may see that there is a need for more classes on a certain day or time, or if certain classes are not being attended, they may be removed or replaced with a training session or zoom session, or vice versa. We are limited on the number and time of classes we can hold per day, because we must keep a minimum of 15 minutes between the end of one class and the beginning of another. This is to allow the cleaning product ample time to “dwell”, as well as to prevent members coming in and going out at the same time.

1:1 Personal training

We will temporarily offer 1:1 personal training sessions for people that feel more comfortable in this situation. Please email info@thebodysmartstudio.com with 1:1 in the subject for details. 1:1 sessions will be held at 10:30am, 11:30am and 3pm. Space is limited, so if you are interested, please let us know ASAP.

Hybrid Option

In an effort to accommodate those who are not quite ready to physically come back to BodySmart, we will now be live streaming our in person classes. You can access the zoom link directly from the Zen Planner calendar. This is included in your membership, and can be used in addition to the in person classes, or strictly used for those of you staying home.

Safety Protocols for You and the BodySmart Team

1. Please wait in your car until 3-5 minutes before your session or class begins. Please stagger your entrance to avoid “bottle necking”.
2. Upon entering, we will confirm that you have answered the health screening questions and you will disinfect your hands with the provided hand sanitizer.
3. There will be ***no late arrivals***, and classes are held to a strict 45 min.
4. ***Masks must be worn at all times***. Please have on a mask before entering the gym.
5. Please limit the items you bring into the gym. We no longer have the cubbies-all items must be kept in a gym bag and brought with you to your pod. You all should have a small “BodySmart” gym bag!
6. Please carry in your workout sneakers. There will be NO EXCEPTIONS to this.
7. Deeply wipe down anything you use when you are finished, using the ample supply of disinfectant wipes. Please wash your hands or use hand sanitizer before leaving BodySmart as well.

Member Responsibility

We have taken a lot of time and energy to put these changes in place. We are confident our new protocols will be effective if we all do our part – and we are fully confident in our BodySmart Family!

We ask that all members come to BodySmart with the mindset-BE A PRO. Please go above and beyond for the next group to come in. We will do our part to do so, and we ask that you do too.

Please practice social distancing, please limit person-to-person contact. We love to give high fives, but due to the guidelines of the government that are in place, we ask that at this time, we do not make contact. We will encourage each other from a safe distance!

If you feel unwell, have a cough, fever, or symptoms of COVID-19, please stay home & we will happily reschedule your session. We ask you do not come to the gym until you’re symptom-free and fever-free for three days.

If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has, we ask that you do not come to the gym for 14 days or until you’ve tested negative for COVID-19.

Though this may seem like a lot at first glance, once you get back to the gym and feel our famous BodySmart energy... you will be “right at home”. We are confident that together we will keep BodySmart the place we love & feel safe!

***PLEASE NOTE: these guidelines are what we have come up with based on the information we have been given. Any of this is subject to change, based on the requirements from the government. We will do our best to update this information as it is given to us.**