



# Back To Burpees Guide

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Restarting Fitness Programs  
Phase 2



the **FIT** collective

  
U+DISTRICT PT

# Phase 2

## Fitness Program Changes

The health and safety of our members is our top priority. We have been thoughtfully planning the return of in-person fitness programs. This document highlights some of the changes we are making in accordance with government requirements for Phase 2.



# Facility Updates

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**Our Plan:** U District has a written COVID-19 mitigation plan that is available for review at our front desk. We have been operating physical therapy services the past two months and are experienced with adhering to COVID-19 guidelines!

**Entering The Facility:** All training clients will enter and exit through the main entrance. We ask that you wash your hands or sanitize them upon entry.

**Locker Rooms:** Showers will not be allowed in Phase 2. Locker rooms will be open for hand washing and restrooms only. Additional touchless modifications have been made to our locker rooms.



# Membership Policies

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**Communicating Safety:** Prior to resuming your membership, clients will be asked to sign an updated liability waiver. Before each training session, members will need to take a state mandated verbal pre-session screening. Our trainers will also be providing safety briefings at the start of each workout and sending you safety education videos.

**Older Adults & Vulnerable Populations:** Clients with pre-existing conditions should consult with their physician before returning to the gym. All ages are now welcome to participate in classes at U District during Phase 2. We encourage you to take advantage of the free zoom class offerings and our online programs if you do not feel comfortable to participate yet!



# Membership Policies

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**Attending Classes:** During Phase 2, the process of attending classes will be a bit different due to facility capacity and client capacity requirements.

- **RESERVATIONS:** Due to Phase 2 capacity limitations of 5 people per trainer, we will be requiring members to reserve their spot in each class. We will not be able to accommodate drop-ins during Phase 2.
- **ARRIVAL TIME:** Please do not enter the facility more than 5 minutes before your workout. This will help us transition classes while adhering to physical distancing. Workouts will now be 50 minutes to allow for transition times.
- **DEPARTURE:** Members will be encouraged to exit the facility immediately following their workout to allow the next clients to enter.



# Workout Experience

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**Our Trainers Role:** Our trainers will be protecting your health by wearing face masks and increasing cleaning in the facility. Group classes will be limited to no more than 5 clients per trainer. Trainers will stay 10 feet apart from clients, and we ask that clients stay 10 feet apart from each other.

**Towel / Water:** Participants are encouraged to bring their own sweat towel and water bottle. Existing drinking fountains are being modified to touchless water bottle filling stations.



# Workout Experience

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**Equipment:** We have several new policies regarding our exercise equipment.

- **CLEANING:** Equipment will be sanitized between every participant use by our staff. We also ask that you sanitize your equipment before and after use at our single use sanitizing stations around the facility.
- **CHOOSING EQUIPMENT:** Participants will select their equipment for individual use at the beginning of class and not change equipment throughout classes.
- **MATS:** All participants are required to utilize a mat on floor for exercise. No exercises are to be completed with direct contact on the floor. Participants using their own mat must sanitize it upon entry and exit using facility supplied cleaners.



Please Reach  
Out With  
Comments and  
Questions

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