

## Guidelines regarding Covid-19

Facility	1	Hand antiseptics	Hand sanitizers are placed in various locations.
	2	Door knob / Door	Will be sanitized regularly.
	3	Ventilation	Doors and windows will be kept open.
			Fans used as necessary.
			Air purifier will be on all the time.
4	Restroom	Will be cleaned and sanitized regularly.	
		Hand soaps and disposable paper towels are stocked Staff will empty trash boxes regularly.	
5	Elevator	Attached antibacterial film on buttons.	
		Limited to 3 people at one time.	
Class	6	Class duration	60 minutes
	7	Structure	The last 10 minutes are for cool down. Staff cleans up the place in those 10 minutes.
			To keep enough spaces in a class and locker room, please refrain from joining late or leaving early.
	8	Capacity	Limited to 8 people (Including Trial)
	9	Spaces between members	Each member should workout in the area marked by tapes.
	10	Cleanup	Please wipe equipments with alcohol sheets after use.
			Staff will clean the floor and wall after classes.
11	In class	No running outside, no sharing equipments.	
		Elbow touch instead of high-five.	
12	Open gym	By appointment only. 30 minutes slot up to 2 hours. Limited to 8 people.	
		Staff cleans the gym every 2 hours.	
Staff	13	Drop in	No drop-ins in June and July. *New members can join the class.
	14	Mask	Wear mask at all times.
	15	Temperature check	Before and after classes. *In case of slight fever, other coach covers the class.
Visitor	16	Hand hygiene	Washing and sanitizing hands before and after a class.
	17	Hand hygiene	Please use hand sanitizer at entrance.
	18	Mask	Please wear mask at all times.
Member	19	Temperature check	Staff will take guests temperature upon entry.
	20	Class health check	Staff will take guests temperature upon entry.
			Temperature readings of over 37.5 will not participate in class. Participants to advise others when feeling ill.
	21	Member temperature check	Members take temperature prior to going to DKY.
	22	Hand & shoe sanitizing	Sanitize hand at entrance, sanitize shoes at gym entrance.
	23	Changing shoes	Shoes worn outside are not permitted in the gym area.
	24	Mask	Masks are recommended but not required. Do not use mask during high intensity exercise.
	25	Hydration	Hydrate every 15 minutes
Usage of water dispenser, tap water and ice from counter are prohibited. Purchased water from outside is permitted. Fridge is not available.			
26	Clothing change	Change only in locker room (not in lounge).	
27	Sofa space	Arranged for social distancing.	
		Eating is prohibited in sofa space.	
28	Departure	Please leave at earliest convenience after class is finished.	
Register area	29	Register	Money, cards are exchanged using a tray.
	30	Entrance	Vinyl partitions enclose the register and bar areas.
	31	Smoothie	Wash hands, sanitize, put on gloves, sanitize.
Miscellaneous	32	Government guidance	Rules and practices will be updated according to government guidance.
	33	Updates and announcements	Verbal announcements made to members, SNS platforms will be utilized.