

Guidelines regarding Covid-19

Facility	1	Hand antiseptis	Hand sanitizers are placed in various locations.
	2	Ventilation	Doors and windows will open as necessary. Fans used as necessary. Air purifier will be on all the time.
	3	Restroom	Hand soaps and disposable paper towels are stocked Staffs will empty trash boxes regularly.
	4	Elevator	Limited to 3 people at one time.
Staff	5	Mask	Wearing mask is optional.
	6	Temperature check	In the beggining of the shift.
Visitor	7	Hand hygiene	Washing and sanitizing hands when coaches switch .
	8	Hand hygiene	Please use hand sanitizer at entrance.
Register area	9	Mask	Wearing mask is optional.
	10	Register	Money, cards are exchanged using a tray.
	11	Smoothie	Always wash hands, sanitize, put on gloves, sanitize before making smoothie.
Class	12	Class duration	60 minutes
	13	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.
	14	Capacity	Limited to 14 people.
	15	Spaces between members	Please keep your social distance.
	16	Cleanup	Please wipe equipments with alcohol sheets after use. Staff clean the floor and wall after classes.
	17	In class	Outside run is allowed. Please sanitize the shoe-soles before entering back to the gym area.
	18	Open gym	By appointment only. 30 minutes slot. Limited to 14 people.
	19	Drop in	Now accepting drop-ins. (4,400yen *incl.tax) Limited to those who have experience with CrossFit. Please contact us in advance if you want to do drop-in, as the drop-in system may be stopped without notice depending on future circumstances.
	20	New membership	Now accepting new membership.
		21	Class health check
22		Member temperature check	Members take temperature prior to going to DKY.
23		Hand & shoe sanitizing	Sanitize hand at entrance, sanitize shoes at gym entrance.
24		Changing shoes	Shoes worn outside are not permitted in the gym area.
25		Mask	Wearing mask is optional. Do not use mask during high intensity exercise.
26		Hydration	Hydrate every 15 minutes The service of water cooler has restarted in April 2022.
27		Clothing change	Change only in locker room (not in lounge).
28		Sofa space	Please avoid eating in sofa space.
Miscellaneous	29	Government guidance	Rules and practices will be updated according to government guidance.
	30	Updates and announcements	Updates and new announcements will be made through verbal explanation at the gym and SNS.