

Guidelines regarding Covid-19

Facility	1	Hand antiseptics	Hand sanitizers are placed in various locations.
	2	Door knob / Door	Attached antibacterial film on door knobs. Doors and windows will be kept open.
	3	Ventilation	Fans used as necessary. Air purifier will be on all the time.
	4	Restroom	Clean the gym after AM classes, Open Gym of 13:00 and 17:00, and PM classes. Hand soaps and disposable paper towels are stocked Staffs 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 14 people. From July.
	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 clean the floor and wall after classes.
	11	In class	No running outside. Elbow touch instead of high-five.
	12	Open gym	By appointment only. 30 minutes slot up to 2 hours. Limited to 14 people. Staffs clean the gym twice at 13:00 and 17:00.
Staff	13	Drop in	No drop-ins allowed this year. *New members can join the class.
	14	Mask	Wear mask at all times.
	15	Temperature check	In the beginning of the shift.
Visitor	16	Hand hygiene	Washing and sanitizing hands when coaches switch .
	17	Hand hygiene	Please use hand sanitizer at entrance.
	18	Mask	Please wear mask all the time. Please read our pop that we hang on the wall.
Member	19	Temperature check	Staff will take guests temperature upon entry. Staff will take guests temperature upon entry.
	20	Class health check	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. Please avoid eating in sofa space.
	28	Departure	Please do not come to the gym earlier than 30 minutes prior to the class. Also, please leave here in 30 minutes after the 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.