

Reopening Core40!

“We are beyond grateful for your love and support during this unprecedented world health crisis.” – CORE40

As you all know sport boutiques and gyms across Holland and worldwide have been closed. In the same way that cities are at various stages of reopening businesses for the second time, we are doing the same and thinking about how we can reopen safely.

It will be the Teachers and Front Desk teams’ responsibility to find cover if they have any Covid-19 symptoms or are feeling unwell. Please look after yourself, be responsible and do not put other people at risk, which may run the risk of closure of the studio.

All classes must be reserved and currently there is a maximum of eleven clients per class. Upon reserving a class, clients will receive an email with specific health questions provided by the NL Actief Association. If one of the questions is answered “yes” then the reservation must be cancelled by the client. These questions will be placed at the front desk too and do not be afraid to ask these questions to clients.

BEFORE CORE40

- Instructors will also receive the health questions before teaching. If they answered “yes”, they will not be permitted to work until they are cleared by a health professional.
- Masks will be mandatory when entering the studio, this has been communicated to all Members and Class Pass.
- Before check-in, all clients are required to sanitize their hands with the studio hand sanitizer. These are allocated at the front desk, lounge area and changing facilities.
- When entering the studio, clients must keep a 1.5m distance from one another and from CORE40 team members. Markings are placed on the floor but please do not be afraid to remind clients during the classes.
- Megaformers will be sanitized with disinfecting wipes.
- Changing room, showers and lockers will be open for clients to use. Towels will not be available to use during this time.

DURING CORE40

- All CORE40 team members will refrain from giving any hands-on adjustments.
- We will ensure that the studio is well-ventilated with as much fresh air as possible. Feel free to use the fans. The ventilation control is underneath the front desk to the left on the wall. It says 'Vent' on the panel and please turn it on, this must be turned on for every class.
- All Megaformer machines are spaced such that all clients meet the 1.5m distance required to ensure your safety.

AFTER CORE40

- Megaformers will again be sanitized with disinfecting wipes.
- We will increase our daily sanitization protocols and standards for our CORE40 Cleaning.
- Any staff member who exhibits symptoms consistent with COVID-19 will not be able to return to the studio until they have completed COVID-19 testing and been cleared by a medical professional.

STUDIO FLOW

- Clients walk in with their mask on and sanitize at the front desk.
- Check ins. (Front Desker to iron out any issues e.g. newcomers, health checks, waivers, merchandise purchases.
- Place the health check document and the protocol document on the front desk.
- We will not be administrating the paper track and trace; this can be done digitally on the mindbody software. Please check in every ClassPass profile that we have the correct email address. We changed a huge chunk last time around, but we will get lots of newcomers so please edit this where you can. If a Classpasser questions this, explain it is for the track and trace policy if someone contracts COVID-19.
- Masks are mandatory and socks are required. We are not going to force people into buying socks this time around, if clients do not have them, they can purchase a pair or do the class bare foot. It is not advised to do the class in normal socks, as it is dangerous.
- Clients must wear their mask while their circulating the studio and can take it off at the machine and during class. At the end of class clients must put their mask back on to walk around the studio/changing room facilities.
- Changing rooms and showers are open. Make sure all products are stocked up and if we are low on products, please email admin@core40.nl

- Everyone must keep to the 1.5m distance ruling, do not be afraid to remind people. There are markings on the floor.
- Late comers' rule – we cannot allow anyone into class after 5 minutes. If it is a Core40 client, we can see if we can change the class to another time/day. ClassPass clients will have to contact ClassPass directly but if there is space in the next class you can check them in for the class they are booked onto and see if there is space in the next one if there is availability. Remember this is not your fault if they are late.
- Make sure clients clean their machine thoroughly, teacher's responsibility to hand out wipes and remind clients at the end of class.
- If clients have any questions, please hand over this email address connect@core40.nl
- If there are any issues with the machines regarding maintenance OR we are running low on stock, please email admin@core40.nl

OPENING DUTIES

- **5454** (lock inside the house, followed by the green tick).
- Turn the ventilator on – underneath the front desk on the left, it's fixed to the wall.
- If it is warm turn the wall fans on. (Press a number to turn them on and the play/pause to turn off).
- If it is warm put the air-co machine on in the lounge area. Press the round button to turn on.
- Make sure all the machines are ready to use (one yellow spring and straps are all on the machine properly) and the studio is tidy.
- Check the wipes are stocked up for the teachers – if they need refilling stock is behind the glass door.
- Check the changing facilities, make sure everywhere is clean/stocked up – stock is in the stock cupboard in the changing room behind the door.
- Check Admin notes for login details for the desktop and iphone.

LOCKING UP

- Make sure the studio is tidy and all the machines are ready for the next day.
- Check the changing rooms and showers for clients and make sure its tidy/stocked for the next day.
- Make sure all the lockers are emptied and unlocked for the next day.
- Turn all fans, ventilators, heaters off (this is important).

- Turn the alarm on **5454** (man outside the house, followed by the green tick) and double lock the door – we have a step for the teachers that cannot reach the top lock, which is in the post box.
- The key must be returned every time you lock up and placed in the key box outside **CODE 2020** – please mix up the code for safety.

- PLEASE DO NOT HESITATE TO CONTACT ME ANY HOUR OF THE DAY, I AM ALWAYS REACHABLE.
- I have a spare key for emergencies.
- Please call me if you have any alarm issues. **+31645617416**
- Cleaners come x4 a week Monday, Wednesday, Friday, and Sunday.
- I am managing and watering the plants.