

Covid-19 Reopening Policies and Procedures

May 18, 2020

To: Everyone using the clinic at Peak Performance

From: Shannon Collins

We will follow best practices and current recommendations from the CDC, local authorities and CDPH. We will revise this list as the need arises. Everyone is expected to adhere, as any breakdown leaves us all at risk. If anyone you treat in the clinic or you develop symptoms or test positive for Covid 19, you will need to inform Shannon and the proper authorities so that we can advise anyone who may have been exposed and take necessary steps to protect ourselves and our community.

- **Everyone in the clinic will need to wear a mask.** If your patient does not have one, they can purchase one for \$3 (above the desk).
- You and/or your client may have their temperature taken before entering. No one with a temperature of 100 degrees or above will be permitted to enter.
- Clients will be directed to wear gloves if they will be touching equipment (bring their own) or you can dispense them.
- **Wash your hands** between patients or use sanitizer and consider wearing gloves.
- **Clean all surfaces, equipment and devices you or your patient have touched between sessions.** The spray bottles are filled with disinfectant. Wipe high touch areas often.
- Ask your client to bring their water or purchase a disposable bottle from the frig (\$2).
- Clients will be advised to leave extra belongings in the car (purses, bags, etc) and only bring necessary items (keys, phone). The cubbies by the bathroom are available for storing their things, and need to be wiped down after each use. Do not allow them to put their bags on a table, chair or shelf.
- Store your belongings in the area you are using and not in the gym (Justin the room with the outside door, Bill/Michael/Anne the middle room, Shannon the room by the courtyard, Pilates people the charting area). Do not leave your bags/belongings on a counter/table/chair, etc. that is in a common area.
- Advise your client to come on time, not early. They may wait in the car for your text, or in the courtyard for you to wave them in. Clients should not pass each other in the waiting room.
- No bare feet. Have the client bring CLEAN socks (preferably non-slip) for use on the Pilates equipment.
- For now, no more than 2 clients in the gym at one time and maintain 6' distance between clients.
- **Utilize the group calendar** for now to enable us to minimize contact with each other. Melissa will coordinate. Ensure that your sessions are marked in before you go to the clinic, and remove any sessions you are not using so that someone else may use the time.
- Please stay vigilant and adhere to these policies and support each other.

- Obviously, do not come to the clinic if you have a fever, experience symptoms or have been exposed to Covid-19.
- There will be signage posted asking people who have experienced symptoms or who have been exposed to let us know before they enter. They will be advised to utilize telehealth for their sessions until such time as they can be deemed to no longer pose a significant risk of exposure for the others using the clinic.

Let's work together to stay healthy and keep this a thriving hub for all of us.

Shannon