

# COVID-19 guidelines & FAQ:

## How are you disinfecting?

- We have an electrostatic spray gun to spray all handles, toilets, equipment in between and after each class. This type of spray gun has been used in hospitals, universities and other large-scale operating companies during COVID-19.

## What if an employee or RSB boxer exhibits symptoms of COVID-19?

- In the event that a coach or boxer shows symptoms of COVID-19, they will be asked to remain at home until they are symptom-free without the use of medications for 72 hours or 4-5 full days after symptoms improve. If possible, employees and participants will be asked to obtain a doctor's note before returning to the gym space.

## What if an employee or RSB boxer tests positive for COVID-19?

- Employees and boxers who test positive for COVID-19 will be instructed to follow the advice of a qualified professional and self-quarantine. Specifically, employees who have tested positive should not return to work until they have been symptom-free for 7 full days. Employees who have been tested positive and been hospitalized should consult their medical care provider to determine when they can return to the gym. If possible, employees and RSB boxers will be asked to obtain a doctor's note before returning to the gym.

## What if an employee or RSB boxer comes in contact with someone who has tested positive for COVID-19?

- RSB employees and boxers who have been in close contact with an individual who has tested positive for COVID-19 will be instructed to self-quarantine. Individuals should self-quarantine for at least 14 days from the last day they had contact with the person who tested positive for COVID-19. If it was with an employee who tested positive, RSB will conduct an investigation to determine who may have had close contact with said employee. Those individuals will be instructed to self-quarantine.

## PROTOCOL FOR CLASS DURING COVID-19:

- Please wait in your car when you arrive to class and only enter the gym 10 minutes before your scheduled class time.
- Wear a mask upon entering gym and sanitize your hands once you enter.
- A coach will take your temperature and sign you in when you arrive.
- You will be instructed to a designated area where you will get prepared for class. You will store your items in a designated, sanitized bin.
- Coaches will wear masks at all times, but boxers are not required to wear them for class. If you feel more comfortable wearing a mask during class, that is up to your discretion.
- There will be no high-fives or hand shaking at any time.
- After your class is over, please gather your things, put your mask on and exit the gym in a timely manner.
- Limit contact with others after class time. Maintain social distance until you leave.

### **GYM CLEANING & DISINFECTING:**

- The gym space will be disinfected in between each class and every evening after all classes each day.
- If you need to use the bathroom before, during or after class, sanitize your hands afterwards. We will sanitize the area after each use.
- Boxers will not share boxing equipment, punching bags, hand wraps or gloves.

### **FACILITY SPACING, CAPACITY & NUMBERS:**

- Based on the 1700 sq. feet of gym space, to provide 200 sq. feet per person, a maximum of 8 boxers will be allowed in the gym space at any given time. This head count includes staff, coaches, boxers and any care givers.
- Class size will be adapted to follow COVID-19 protocols. A schedule to include each level of boxers is to be developed.
- To accommodate those who are not comfortable returning to the gym, we will continue to offer a class through Zoom/Facebook live. (more info to come)
- The facility will be set for social distancing by spacing equipment to provide 6-foot radius.

### **Boxer Tips:**

- Bring your own water bottle into the gym for class and separate gym shoes would be preferred.
- Bring a sweat towel or extra shirt if you feel the need.
- Please bring your belongings in a bag to keep other's things separate from yours.
- Give your friends a fist bump with your gloves on- keep contact distant!
- Stay healthy and safe outside of the gym.

### **What YOU can do outside of class:**

- Wipe down your belongings before and after each use with disinfectant spray/wipes
- Wash your hands frequently and thoroughly for at least 20 seconds with soap and water
- Avoid handshakes, high fives, etc.
- Avoid touching eyes nose and mouth with unwashed hands
- Cough or sneeze into a tissue or on your sleeve/arm- not into your hands
- Avoid close contact with people who are sick
- Please stay home and take care of yourself if you are sick or have symptoms.

We miss you and CANNOT WAIT to have you back in OUR gym!!

\*We are working on a schedule that includes all levels, but if you currently require a cornerman, that affects the total number of boxers in class. This will only allow 2 coaches, 3 boxers and 3 assistants. Cornermen must be masked during classes. We will provide you with more information on this soon.