

Operational checklist for reopening the fitness clubs after the COVID-19 pandemic

The most significant changes in the way you run your gym will be those regarding the management of the space.

- Make a list with all the minor repairs you have postponed - now it is time to fix all these issues
- Clean the entire location - turn to a specialized company and respect the hygiene rules imposed by the authorities
- Rearrange the space with equipment and weights so that you can easily ensure the minimum distance between members
- Place signs on the floor and walls to show the minimum distance so that members know this at all times.
- Define the floor space for each member in the group fitness studios so, members can keep their distance more easily during classes
- Reorganizes the space in the group fitness studios to ensure the minimum distance between members
- Purchase and install as many antibacterial gel dispensers and paper towels as possible
- Make sure you have enough such materials for at least a few weeks
- Place special rubbish bins for paper towels and set up a schedule in which they are emptied every hour or every two hours
- Determine the additional services you can provide to members and remember to restrict access where necessary (e.g. showers, sauna, pool, jacuzzi)
- The minimum distance will have to be kept in the locker room, so you will have to remove certain lockers from use to

- ensure this distance - remove from the reception desk the keys from those lockers to avoid any misunderstandings
- Develop a detailed cleaning plan, including the responsible person, the space to be cleaned and the supplies used
 - Establishes a detailed procedure for disinfecting group fitness and cycling studios after each class
 - Amend the group fitness class schedule so that there is enough time between classes for disinfection, but also for members to be able to disinfect their hands and find the right place.
 - Streamline the check-in process of the members, so that they stay as little as possible at the reception desk and not create queues
 - Establishes a way to accurately monitor the number of members in the club at all times
 - Considers limiting the use of equipment to a certain number of minutes, as well as members access to the club to a maximum of 1.5 or two hours so as to ensure that the number of members does not exceed the maximum limit imposed by the authorities.