



FRAMEWORK OF OPERATIONS FOR THE RESULTS ROOM/CROSSFIT AFTERMATH UNDER COVID-19 RESTRICTIONS

With COVID-19 restrictions being eased across Australia, The Results Room/CrossFit Aftermath has created a robust operations framework, developed to ensure we safeguard the health and safety of members and employees.

Both employee and member confidence and comfort is essential and your health and wellbeing of paramount importance. This framework is designed to provide guidance in managing risks associated with COVID-19. The recommendations are evidence based and follow a risk-mitigation model.

The framework aligns with public health and Safework Australia recommendations for workplaces. Further to this, we have also utilised resources from the both Department of Health and World Health Organisation as well as Fitness Australia to ensure that the guidelines within the framework reflect both national and international standards of practice.

Key Public and Occupational Health Recommendations

The key recommendations by public health authorities to control the transmission of the coronavirus are:

- 1. Physical distancing**
- 2. Practice good hand hygiene, clean and disinfect your environment**
- 3. Stay at home if you are unwell and have any symptoms of the virus**
- 4. Contact tracing**

Note: We have ensured that all staff working at The Results Room/CrossFit Aftermath have completed the Australian Government online COVID19 infection control training module.

1. Physical distancing

- In accordance with public health directives it is recommended that we minimise the number of people in our facility to one person per four square metres of floor space to allow all attendees to maintain a physical distance of 1.5 metres from any other person whilst working or using our fitness facility.
- To keep the attendee number for classes within the requirements, to ensure sufficient attention from the coach and to provide contact tracing we are enforcing an online booking system per class (through PT Minder) with a maximum of nine participants and one coach.

- Entry and Exit during coached class times will be via the roller door to prevent any touching of door handles.
- We have removed all communal gym equipment from the gym floor and have ensured the provision of sufficient equipment for each attendee to use without having to share for the entire duration of their workout.
- Our coaches are operating on a no-touch correction policy when it comes to correcting form or technique. Therefore please use the spotting arms on the rig.
- We are discouraging high fives and handshakes during this period.
- Adaptation to training strategies will be implemented to ensure safety as well for example no partner WODs or WODs that require equipment sharing mid workout e.g. Rope climbs.

2. Hygiene – cleaning and disinfecting

- We will be ensuring that all people entering our facility wash their hands with soap and water for at least 20 seconds before entering and exiting.
- We have placed posters above our handwashing facilities showing how to correctly wash and dry hands.
- We are providing an alcohol-based hand sanitiser (minimum 60% ethanol) at the roller door entrance to our facility. With a poster advising the correct procedure to use sanitiser.
- We have temporarily closed off access to our shower room.
- We have removed hand towels from the bathroom and will be providing paper towel or the use of each individual's gym towels for hand drying as a replacement.
- We have removed the provision of communal gym chalk and instead recommend each individual bring and use their own during their workouts if required.
- We ask that each attendee bring and use a clean gym towel each time they attend their session or class and use their towel or their own yoga mat for any floor or bench work.
- We require each member to bring their own drink bottles to use instead of using the water fountains (filling up bottles from the fountain is permitted).
- We will provide an adequate supply of hospital grade disinfecting solutions and wipes for members to wipe down equipment before and after use.
- We will provide bins lined with a plastic liner for disposal of wipes and used paper towel which will be regularly emptied to ensure they are not overflowing.
- We are asking that no food be consumed on the premises.

3. Stay at home if unwell

- All members should be advised that they must not attend our facility if they are unwell, have symptoms of COVID-19, suspect they may have been infected with COVID-19 (including close contact with a person diagnosed with COVID-19) or been advised by health authorities to self-isolate.

4. Contact Tracing

- To support public health authorities with contact tracing we are required to maintain a Register of Attendance of all persons who visit our premises. This will be handled by the coach when attendance is supervised during class times or captured by the use of individual pin codes when accessing the gym outside of class.

Thank you for your understanding and compliance with the above protocols we are adopting in order to safeguard the health and safety of our members and employees.

The Results Room/CrossFit Aftermath Team