



Boom Elite Training, Sonic Boom CrossFit, & More Than PT Reopening Procedures/ Policies
The policies below are effective May 26, 2020 and will be effective until further notice.

Sonic Boom/Boom Elite Athletes/ More Than PT Clients Upon Arrival:

- You must sign-up for CrossFit class or you will not be allowed to participate in that class.
- Boom Elite athletes & More Than PT clients will schedule training sessions and appointments ahead of time.
- We ask that parents please stay in the car during training.
- Members must conduct a self-assessment and not enter the facility if they are experiencing symptoms or know that they have been exposed to Covid-19. Please do not come in if you are coughing, have a fever, or shortness of breath.
- Do not arrive more than 10 minutes before your class, session, or appointment begins.
- Limit the amount of personal items with you unless they are for the workout (ex.grips for pull-ups).
- Everyone must stop at the front area and sanitize their hands, grab a mask (if you don't have one) and get your temperature taken by the coach, trainer, or physical therapist with our hands-free scanner thermometer. If you have a temperature of 100.0 degrees Fahrenheit or greater, you will be asked to go home. Please wait outside for your turn.
- Walk straight to the restroom next to the turf and wash your hands. Doors will be propped open. Only one person can wash their hands at a time. Do not bring a lot of personal belongings with you. You can drop keys, phones, & wallets into a cubby and go to your workout rectangle. Keep your water with you. You can wear a mask for the warm-up and workout or keep it in your cubby.
- Everyone must stay in their rectangle (rectangle stations will be numbered) for the duration of the workout, unless the rig is used or running is involved.

Facility Changes:

- Restrooms will be open, but need to be sanitized after each person uses them. There will be hospital grade sanitizing wipes or spray in the bathroom. You will be asked to sanitize everything you touch. This includes toilet, toilet handle, sink faucet, paper towel dispenser, countertop, and door handle, etc.
- SHOWERS will be open, but you have to bring all your own soaps, shampoos, etc.
- No towel service for showering or workouts. **Bring your own towel!**
- Please try to come dressed to workout. We want to limit the amount of changing in the bathrooms. If you come from work, it is fine to change in the bathroom, if you sanitize after.
- Water fountain is **CLOSED** except for bottle refills. **Please bring water ready to go!**
- The office area is **CLOSED** for seating on couches and conference room tables and chairs.
- Sauna is **CLOSED** until further notice.
- Kitchen is **CLOSED** except for coaches & the physical therapist.
- Drinks and inventory can be purchased. You will have to sanitize refrigerator handles after touching. Let Shannon know if you buy a drink. She will keep track.No binder at this time.
- No dogs will be allowed in the gym until further notice. They can stay outside.
- Kids are allowed if policies and procedures are followed. Parents must enforce.
- If Kids/teenagers are training, the coach or trainer will enforce.
- No Olympic Weight lifting class on Wednesdays until further notice. Regular CrossFit at 6 pm.
- There will be no more than 15-20 people in the whole facility at one time. We can allow more if we are outside.



CrossFit Classes/Boom Elite Training Sessions/Equipment:

- Every athlete will have their own workout rectangle which is marked off with tape and numbered. You can only workout in the rectangles that are numbered. Each rectangle is 6 feet apart from the next. Athletes will grab their equipment for the workout one at a time. If a weight or piece of equipment needs switched out, your coach will switch it out for you. Coaches/Trainers will not go into your space without permission.
- No sharing of equipment, this includes barbells for lifting. Family members can share if they wish.
- There will be a class limit of 8-10 people. Wodify will have 8 spots with waitlisted spots available. If someone cancels, the first waitlisted person will be added to the class list. Please only sign up if you are 100% certain you will be at class. We understand that emergencies happen, but if any member is a no-show or cancels last minute multiple times, there will be a no-show fee. Please don't take spots from others who could be working out.
- Please read the workout ahead of time. You will be allowed to bring your own equipment if you'd like.
- We strongly recommend bringing your own yoga/ workout mat to the gym to complete indoor and outdoor WODS. Walmart & Amazon have mats for reasonable prices.
<https://www.walmart.com/search/?query=yoga%20mats>
https://www.amazon.com/s?k=yoga+mats&ref=nb_sb_noss_2
- Stretching room will be limited to 2 people at a time with limited equipment. Please only have one person touch the mouse and sanitize it before and after completing a ROMWOD. Wipes will be provided.
- Only coaches can touch the mouse to the computer. Athletes must log results on their phone.
- Do not leave equipment or personal belongings at the gym overnight. Everything must be taken home. Cubbies can be used. Please do not leave a lot of your belongings in them.
- No rope climbs will take place because they cannot be properly sanitized.

Sanitation

- Everyone must wash hands or use hand sanitizer upon entry.
- Hand sanitizer is available throughout the gym. Please use it as often as possible and wash hands often.
- EPA approved disinfectant will be provided and used to sanitize all equipment before and after working out. Gloves will be provided for coaches and athletes to use, only while sanitizing. Click the link to see the products we are using.
<https://rubbersealantanddisinfectant.com/product/cleanbreak-facility-disinfectant/>
- Turf will be sanitized after every training session on turf. Click the link to see the turf sanitizing products. <https://www.ondecksports.com/ProGienics>
- Restrooms have to be wiped down or sanitized after each person uses the bathroom. There will be sanitizing wipes or spray in the bathroom. You will be asked to sanitize everything you touch. This includes toilet, toilet handle, sink faucet, paper towel dispenser, countertop, and door handle, etc.
- The restroom with a shower will be the handwashing restroom as you enter the facility. Only one person can wash their hands at a time. The other restroom will be used for changing and using the bathroom.
- After the workout, each athlete will sanitize their station (including floor) and equipment with wipes or spray, including bikes, rowers, barbells, and the rig. This also includes all soccer and sports equipment. They can put their mask back on to sanitize if they'd like. Wash your hands



after the workout. Exit the gym out the garage door, or back door. Socializing can take place outside (6 ft apart from each other) after the workout.

CrossFit Class Schedule Changes

- 5:30 am class will be scheduled M-F as normal
- 6:30 am class will be pushed back to 6:45 am M-F to allow for sanitation
- 10:00 am class will be scheduled M-F as normal
- 4:30 pm class will be scheduled for M-Th as normal
- 6:00 pm will be scheduled for M-Th as normal
- No OLY Class Wednesday at 6 pm. Regular CrossFit class only.
- Open Gym Friday 4:00 - 5:00 and 5:00 - 6:00.
- 2 classes will be scheduled on Saturday mornings. 9:00 am and 10:30 am.

Coaches, Trainers & Physical Therapist

- Coaches will only wear masks upon arrival for temperature taking, since they will be in close proximity with the athletes.
- All coaches, trainers, and the physical therapist will be taking their own temperatures before classes and sessions. If they have a temperature of 100.0 degrees Fahrenheit or higher, they will be asked to go home.
- The coach will not go into your workout rectangle without permission.
- Only 1 coach at a time will be allowed in the coach office.
- Must take all athletes' temperatures or facilitate them taking their own before class.
- All coaches/trainers have gone over the guidelines in depth and are expected to enforce them. Please listen to them for your safety and the safety of others.

MASK MANDATE: UPDATED 7/22/2020

Governor Mike Dewine issued a statewide mandatory mask mandate in all of Ohio. Because of this, we would like everyone to wear a mask in the building, and exit the building with a mask. This includes everyone 10 years or older. This makes it easier when passing others going in and out of the door. Once you are in the main gym area and have picked a spot to workout in, you may take the mask off. Working out in a gym is one of the exceptions in the order Dewine issued. Also, we are able to keep the 6 ft distance with limiting class sizes. Let's do our part in keeping everyone safe and healthy. Masks are still available in the front area when you walk in. Please let us know if you have any questions or concerns about this issue.

Please understand that these are the policies at Boom Elite Training, Sonic Boom CrossFit, & More Than PT until further notice. We can revise at any time. Thank you all for being so understanding and supportive during this difficult time. We understand that these rules are overwhelming, but they are protocol, as directed by the Ohio Department of Health. We truly believe we are going above and beyond safety measures to keep everyone safe & healthy!

Let us know if you have any questions or concerns!

Shane & Shannon Noteboom
Owners, Boom Elite Training LLC; Sonic Boom CrossFit

Stacey Harris
Owner, More Than PT