

### **COVID-19 Class Exercise Precautions**

The Marina Athletic Club beach bootcamp classes at Mother's Beach are at low risk as the participants are all healthy adults, exercising outdoors. They are all local to the area. They are expected to self-certify prior to arrival that they and all members of their household are not exhibiting any Covid-19 symptom including, but not limited to cough, shortness of breath, fever, etc.

These items will be addressed on the website, in writing at the class and verbally restated at the beginning of each class.

Participants and their families are aware when they should stay home and when they can return to the class. Craig Stocker will encourage participants who are sick or have recently had a close contact with a person with COVID-19 to stay home.

Face coverings will be mandatory for all staff and participants. Adequate supplies to support healthy hygiene behaviors will be supplied including EPA approved cleaning products, hand sanitizers with at least 60 percent ethyl alcohol, gloves.

The number of participants will be limited to the number appropriate for maintaining physical distancing of at least 6 feet.

All equipment will be cleaned and disinfected before and after each class. Our products for cleaning are approved for use against COVID-19 on the Environmental Protection Agency (EPA)-approved list "N".

We will limit use of shared equipment – participants are supplied gloves and hand sanitizer for the class.

This class takes place in open air, with participants always more than 6 ft apart.

April Stocker, RN will be responsible for responding to COVID-19 concerns. All participants will know who April is and how to contact her.

Document/track incidents of possible exposure and notify local health officials, staff and families immediately of any positive case of COVID-19 while maintaining confidentiality. Exclude any participants showing symptoms of COVID-19.

When any participant or staff member tests positive for COVID-19 and has exposed others at the camp, we will consult with the local public health department, and may consider if closure is warranted as determined by the local public health officer. All participants will be asked to isolate at home for at least 14 days after close contact.