



UPDATED POLICIES AND PROCEDURES

Changes Effective as of 5/29/21

UPDATED HOURS OF OPERATIONS

- **Mon-Thurs** | 5 am-10 pm
- **Fri** | 5 am-9 pm
- **Sat-Sun** | 7 am-6 pm

CAPACITY

- As of 5/29/2021 Fit Factory will return to 100% operating capacity. Our capacity tracker will still be available at www.fitfactoryclubs.com and members are encouraged to check it prior to their visit and to workout with us outside of peak hours.

LIMITED SERVICES

- As of 5/29 our sauna and steam rooms will be available once again - after that date, no amenities will be unavailable any longer.

CLEANING

- Members will be required to wipe down equipment and surfaces after each use. Cleaning stations have been added within steps of every piece of equipment to ensure convenience.
- Daily cleaning protocols have been updated with extensive checklists for medical-grade cleaning materials, additional refill stations for wipes, sprays, and bottles, etc.

KIDS ROOM GUIDELINES

- **Illness:** Parents and children **MUST** stay home when sick.
- **Exposure:** If a child or staff has been exposed to COVID-19, regardless of whether the individual has symptoms, the child or staff will not be permitted to enter the Kids Room. Exposed individuals must stay home for at least 14 days after the last day of contact with the person who is sick. We will follow guidance from the local Board of Health and Public Health Nurse on quarantine for other children and staff and what additional precautions will be needed to ensure the Kids Room space is safe for continued babysitting services. We will notify parents if there has been a suspected or confirmed case of COVID-19 among the children or staff, while safeguarding the privacy of the individual.
- **Isolation:** Exclusion protocols from the Board of Health will be followed for any child, staff or family member with a positive test for COVID-19 or who are symptomatic and presumed to have COVID-19. Anyone who is in contact with a positive case must quarantine for 14 days and be asymptomatic. A note from their doctor or Public Health Nurse clearing you to return is required.

UPDATED KIDS ROOM POLICIES

- **Hours vary by club and are as follows:**
 - **MA Hours:**
 - **Mon-Thurs:** 8a-1p and 4p-8p
 - **Fri:** 8a-1p
 - **Sat:** 8a-1p
 - **Sun:** Kids Room CLOSED
 - **TX Hours:**
 - **Mon-Thurs:** 8a-1p and 4p-8p
 - **Fri:** Kids Room CLOSED
 - **Sat:** 8a-1p
 - **Sun:** Kids Room CLOSED
- **Increased hand-washing:** All individuals entering the Kids Room are required to wash their hands immediately. Monitored hand-washing and hygiene protocols for children will be built in during all necessary times throughout their time in the Kids Room. Staff and children must wash their hands with soap and water for at least 20 seconds after each of the following: entry and exit from the Kids Room, after sneezing/coughing/nose blowing, after touching or cleaning surfaces that may be contaminated.
- **Caring for Infants and Toddlers:** As part of care, infants and toddlers are held. Fit Factory Kids Rooms staff practice



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stringent hygiene and infection control practices to keep themselves and the young children they are watching healthy and safe while still being able to hold and watch children.

- **Toys from Home:** No toys from home will be allowed (except a comfort item)
- **Training:** Fit Factory Kids Room staff will be trained in recognizing symptoms, increased hygiene and disinfection protocols, as well as best practices in physical distancing with young children.
- **Enhanced Disinfection:** To ensure effective cleaning and disinfecting, surfaces will be cleaned and then disinfected using our EPA-approved disinfectant for use against the virus that causes COVID-19 after each Kids Rooms babysitting session. High-touch areas, such as door handles, light switches, faucets, toilet seats, and handles will be disinfected throughout each session.

As a reminder our babysitters will come get you if your child needs help with toileting or diapering. This will be the only time parents are allowed inside the Kids Room. We ask that only one adult drops off and picks up their child. If another family is at the Kids Room entrance, please wait until the entrance is cleared and maintain safe social distance while in queue.