

COVID Protocol (updated 05-13-2020)

- Don't feel well? Don't show up.
- Max group size = 8 PAX. Once it hit's 8, it must be split into a different group entirely. Ideally on the other side of the lot.
- HC's Required to help prepare Q's/Site Q's with safe social distancing and group sizes.
- Park in at least every other spot to promote distance.
- Updated Disclaimer
 - *"We are not professionals and I am not aware of your injuries. This is a free workout, each pax participates at his own risk, modify as needed. We acknowledge that there is a new risk we all face, COVID-19. Keep 15+ feet workout distance at all times and respect non-F3 walkers and runner's space."*
- Site Q's will be asking, and if necessary, enforcing, social distancing safety behavior, including no shared coupons, no running in a straight line, drawing unnecessary attention to the group, and 15+ ft of distance between PAX
- CoT with 10 feet distance - no Ball of Man. Separate COT's if there are separate groups.
- Masks are still encouraged. The face covering is more about protecting others, not yourself.
- Easy on EH. Every PAX is in different spots. Encourage, support, rather than guilt.
- Virtual AO (Virtuosity) remains in effect, and PAX are encouraged to continue to support, attend, and LEAD.