

FULCRUM COVID PROCEDURES

Updated 01/12/2022

Purpose

The purpose of this document is to educate all clientele and staff of Fulcrum Fitness on our current procedures.

Face Coverings

Current State Mask Protocol

<https://govstatus.egov.com/or-oha-face-coverings>

Masks, face coverings or face shields are currently required statewide for:

- All private and public workplaces – for example banks, classrooms, construction sites, offices and meeting rooms – unless someone is alone in an office or in a private workspace.
- Indoor public spaces – for example grocery stores, pharmacies, public transit, personal services providers, restaurants, bars and retail stores.
- Public and private colleges and universities, and private career schools.
- Indoor and outdoor markets and street fairs.
- Outdoor public spaces when physical distancing of at least six feet is not possible.

Fulcrum's Mask Policy

Masks must be worn indoors and on the outdoor workout platform at all times by clients and staff. This includes the gym, restroom, hallways, and entryways.

Accepted Facial Coverings

- N95 or KN95
- Cloth
- Paper

Unaccepted Facial Coverings

- Gators
- Bandana
- Scarves

Vaccination

Fulcrum Fitness requires proof of vaccination or a negative COVID test within 72 hours of your visit.

The C.D.C. currently defines “fully vaccinated” as those who have received two doses of the Pfizer-BioNTech or Moderna shots, or one dose of the Johnson & Johnson shot. Proof of vaccination may be completed in the Zenplanner app, or shown in person before every training session. Negative tests must be shown to the working fitpro or leadership staff prior to your training session.

Anyone unable to show a negative test or proof of vaccination will be asked to reschedule their visit when they are prepared to.

A note on “fully-vaccinated”: We anticipate the C.D.C.’s definition of fully vaccinated to continue to update, to include booster shots. We encourage all staff and clients to get boosted as it will likely be a requirement in the future. In the event this definition does change, we will repeat the same process as stated above. We appreciate your patience and cooperation.

Self Screening & Testing

It is the individual responsibility of each client and staff member to self screen prior to coming into the gym. [Review full CDC symptoms here.](#)

Clients or staff members that show COVID symptoms or who have had a direct exposure should follow the C.D.C.’s guidelines for testing and quarantine before returning to the gym. [Review in full here.](#)

A note on staff: At Fulcrum we value our staff and client’s health above all else. This means in the event a staff member is symptomatic or has a positive test result they will not come into the gym until they have received a negative test result and their quarantine has passed. This means clients may experience some last minute schedule adjustments. We appreciate your patience and understanding. Any questions regarding schedule adjustments can be directed to customer service.

In the Event of Exposure

Fulcrum Fitness is taking every precaution possible to maintain the health and safety of our community. In an effort to uphold the community's health and client privacy the following steps will be taken in the event of exposure.

1. Any client who attended class with an exposure member will be called by a member of our management team.
2. All other clients that have attended class at that location will receive an email and text notifying them of the potential exposure.
3. If needed, the location will be closed for a brief time for sanitization.
4. All staff thought to be exposed will be tested before returning to the location.

We respect everyone's personal privacy and will not release information regarding the identity of the exposed or positive client. We ask for the same respect from our community.

Handwashing

All clients and staff are required to sanitize their hands prior to entry and exit of the gym. Hand sanitizer is provided in multiple locations for easy access.

Reservations

Fulcrum is encouraging clients to pre-register for all classes for two main reasons.

- Indoor Team classes have a set capacity of 18 clients per class. To ensure clients have a space, pre registration is encouraged.
- Clients that do not register for class may still "drop-in" if capacity has not been met.

Fulcrum is requiring all clients to sign in for class. This can be done so by downloading the Zenplanner app. In the vent of a technical error clients may ask staff to sign them in, but this should not be assumed.

Late Cancellations/no-show fee

Due to our limited size and the individualized style of our Small Group classes, we will be implementing a no-show or late cancellation fee of \$20 for those that sign up for small group sessions. If you need to cancel your class you must do so at least 12 hours in advance. There are a few reasons for this.

1. We want to be sure that those who want to take classes are able to attend with the smaller class sizes. If the class is labeled as full, those who want to sign up are not able to.

2. It is important that we know who is signed up and in class for contact tracing purposes. We want to be as on top of this as possible, and it is necessary for us to know who is coming into classes.
3. This time window gives our trainers a chance to review notes in the attendees' profiles, tailor, and prepare workouts that are more specifically adapted to the clients who are coming in. Last minute cancellations or additions to class would detract from the individualized nature of our small group classes.

To cancel or change your reservation log into your Zenplanner account. If you have any issues accessing Zenplanner email customerservice@fulcrumfitness.com, or text our gym text line at 503-382-8658. Any email cancellation will still need to be sent at least 12 hours prior to class.

Equipment/Facility Sanitization

- All equipment is fully sanitized between use. Self serve sanitizing spray is available for clients. We ask your help in sanitizing all equipment and surfaces between use.
- It is required for all clients to disinfect individual exercise equipment, mats, and machines before and after use with provided disinfecting wipes/spray.
- Lined, non-touch trash receptacles are available throughout the facility to dispose of used wipes.
- Touchless, automatic water dispensers are available for use with personal, reusable water bottles. The bottle or cup should not touch the water dispenser. Clients and staff are to wash hands or use proper hand sanitizer before and after touching the water release button on drinking fountains.
- We encourage all clients and staff to limit the use of the restroom and water fountains when able.
- Clients should not leave anything behind, do not put bags or personal items on the floor or other surfaces. Please use the provided sanitized cubbies.
- No food or drink other than personal water.
- Consider bringing your own chalk, gloves, hand sanitizer and/or wipes.

Social Distancing

We are still encouraging social distancing practices at Fulcrum to slow the spread.

- Clients and staff are required to practice social distancing (minimum 6 feet separation) at all times.
- Designated spaces are displayed for working out.
- Follow the instructions of staff when entering and exiting the gym.
- Clients and staff should avoid shaking hands, bumping fists or elbows, and other physical contact.

Signage and Reminders

Safe guidelines have been posted in high traffic areas to ensure adherence.

Closing

These protocols are above and beyond what is standard by CDC Guidelines (<https://www.cdc.gov/coronavirus/2019-ncov/community/workplaces-businesses/index.html>) We have chosen to take these extra steps because it aligns with our mission. We consider Fulcrum to be much more than a gym, rather a family. We will always strive to act in your best interest and share in as much transparency as possible.

Thank you so much for your cooperation. If you have any questions regarding our policies please feel free to reach out. We look forward to seeing you in class soon!