

**THE ULTIMATE WORKOUT FOR WOMEN WILL BE THE SAFEST.  
COUNTDOWN TO RELAUNCHING RZONE FITNESS.**

# Enter Safe Zone

*We will continue to enhance our cleaning and safety procedures as needed.*

- The safety of our clients and staff/coaches is what's most important.
- Rzone Fitness has always been dedicated to delivering the ultimate workout in a non-intimidating environment to our communities, and with a carefully planned and phased approach, we will begin to reopen.
- Each of us will play an important role in making our studios a safe experience for us all.
- [You can click here to learn more at R website.](#)



# Preparing to Welcome You

- In accordance with governmental orders and guidelines, RZone Fitness is taking extra precautions to help our communities stay safe and healthy. This includes extensive cleaning protocols and social distancing practices within each of our studios.

# CLEANING AND SANITATION

## Cleaning Protocols

- We will continue to follow stringent sanitation protocols for proper disinfection, operation and maintenance, as well as adding additional procedures to achieve a new level of cleanliness. In addition to existing continuous cleaning protocols, we will add a rigorous, deep-cleaning and disinfecting process. All equipment will be thoroughly disinfected-even if not in use.



# Health Declaration

- Clients and our teams will be required to complete a mandatory Health Declaration before entering the studios to confirm they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.

# Temperature Checks



- Clients and our teams will have body temperatures taken prior to entering the studio via touchless thermometers. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will be not be permitted entry into the studios.



# Notifications

- Clients will be asked to alert their studios manager/staff if they test positive for COVID-19 within 14 days of their last club visit. We will email notification to all potentially exposed persons if there is a confirmed case of COVID-19 at a studio location.



# Safety Standards

## Part 1

Deep cleaning daily 2 times a day

After last morning class and after last evening class

After every 30 minutes class break, staff cleans equipment

Includes - Cardio machines, dumbbells, med balls, benches, kettlebells, handle of the bands

Restrooms must be cleaned hourly (sink, doorknobs, toilet seat)

Clients will clean up after their stations before they transition to a new zone.





# Safety Standards

## Part 2



We have added 3.5 oz 100 ML cleaning solution bottles to each workout station



We have added 4 paper towel stations per studio inside the gym floor



We have added hand sanitization at the front desk using 1 gallon with pump



We recommend clients to wash hands always (washing hands with soap and water for 20 seconds)



Please bring your own water. No touch water fountains maybe used.



We will keep our doors always open during the classes.



Each facility will have social distancing floor decals.



# Products

- Every station will have 3.5oz bottle with this disinfectant
- Everything you clean at the facility will be with this disinfectant
- Electrostatic sanitation, disinfectant machine

Info Sheet: Cleaners, Sanitizers, Disinfectants, Virucides, and Sterilants Zip File (2.8MB)



**ENVIROX** Info Sheet

### Cleaners, Sanitizers, Disinfectants, Virucides, and Sterilants.

- How Are They Different?
- How is H2Orange2 Classified?

With the variety of different products out there, it's easy to get confused. But each type of product has its own unique uses, abilities, kill claims, and hazard levels. This is designed as an easy guide to help learn the differences, but always be sure to read the full documentation on your products.

#### What are the differences between these types of products?

CLEANER	SANITIZER	DISINFECTANT	VIRUCIDE	STERILANT
Aids in Soil Removal	Reduces the Number of Bacteria	Kills Fungi, Bacteria, and Viruses	Kills Viruses	Eliminates all Fungi, Bacteria, Viruses, and Spores
				
Simply aids in the removal of soil from a surface. Although cleaning does remove germs from a surface, it doesn't kill them.	Lowers the number of bacteria on surfaces to levels that are considered safe by public health orgs.	Kills infectious fungi, bacteria, and viruses but not bacterial spores on hard environmental surfaces.	Destroys or irreversibly inactivates viruses in the immediate environment.	A sterilant is used to destroy or eliminate all forms of microbial life including fungi, viruses, and all forms of bacterial spores.

See product label claims for kill claims, viruses, mold, or fungi must be registered with the EPA as a pesticide.

Info Sheet: Help Stop the Spread of COVID-19 (307KB) [Click here to learn about this product.](#)



[Click here to learn about this product.](#)

# Disinfection Procedures

- Medical-grade, EPA-registered disinfectants which are designated effective against the COVID-19 virus with a kill time of less than one minute will be used for all continuous and deep-cleaning processes. We will also be introducing next generation electrostatic handheld and back-pack sprayers, for use by our Maintenance team, that efficiently attack microbes, providing 3x more coverage in the same amount of time than traditional efforts.

# Disinfection Procedures

- Continuous scheduled disinfection of high-touch surfaces throughout the club.
- Studio hours adjusted to allow for overnight deep cleaning.
- Team members receive ongoing training on cleaning protocols and are provided with disinfecting kits.
- Easy, readily available equipment disinfectant spray.
- Hand-sanitizing stations are conveniently located throughout the studio.

# Hand Sanitizers

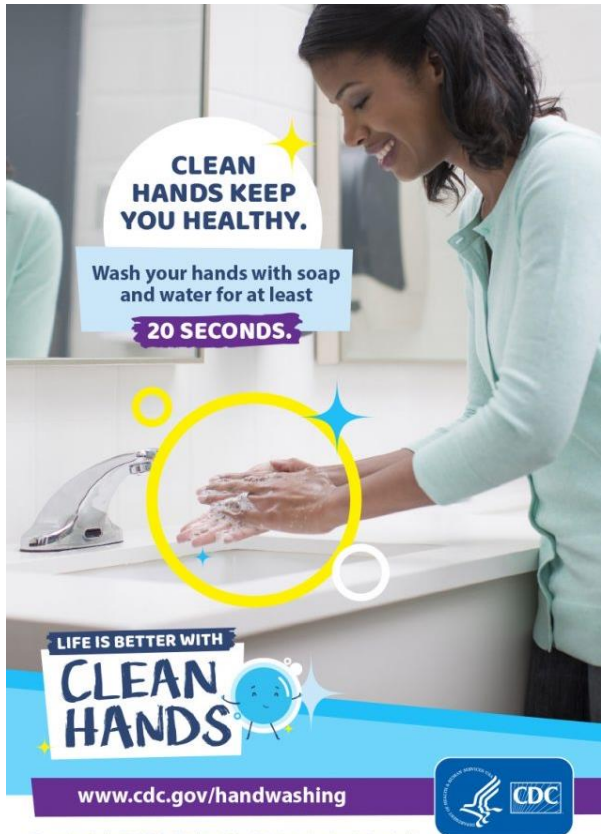
- Clients will be asked to use hand sanitizer when entering the studios and frequently throughout their visit. The hand sanitizer solution kills up to 99.9% of germs and includes 67% ethyl alcohol, above and beyond the CDC's guidelines of 60%, with added Aloe vera and essential oils. Hand sanitizer will be available and we do request you also bring your own.



# Gloves

- It is recommended but not required that members wear gloves during their visit.

# R Protocol



## Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

- 6 ft**  
Stay at least 6 feet (about 2 arms' length) from other people.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- When in public, wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)

## Four Steps of COVID-19 Facility Risk Management

*Self-quarantine is recommended for individuals who have been directly exposed to COVID-19*

**Sanitize upon entry.**  
*Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.*

**Check your temperature.**  
*Checking temperature is a way to reduce the risk of ill members or staff entering your facility.*

**Swipe + enter facility.**  
*You're now cleared to swipe your card or member ID and enter the facility.*

**Practice social distancing.**  
*Maintain at least 6 feet of distance from others in the facility. Make sure to follow guidelines on sanitizing equipment.*

Source | Centers for Disease Control and Prevention | cdc.gov

**PLEASE! WIPE DOWN YOUR EQUIPMENT BEFORE & AFTER EACH USE WITH PROVIDED SUPPLIES**

**R ZONE FITNESS**

# PERSONAL PROTECTIVE EQUIPMENT (PPE)

## **Face Coverings to be taken off during the workouts.**

- Our teams will be wearing face masks, which will be required to be worn in the studios at all times. R coaches at certain times will remove the masks for certain cues during the workout.
- Clients will be required to wear face coverings upon entering the studio and exiting the studio, **except while training.**
- Rzone will supply a ziplog bag for you to put your keys, mask, wallet).





# GO CONTACTLESS

- When entering the studio to take your scheduled class, simply approach the front desk, provide your name and our staff will check you in.
- The polar heart rate monitoring system will be supervised by one of the staff members for polar check in.

# FRONT DESK ETIQUETTE

- R studio staff is here to help, from a safe distance. We've put a protocol in place that limits staff from leaving the front desk, aside from studio cleaning.
- Temperature checks and hand sanitizer use will be required prior to entering the club.
- Please allow the front desk/coach to have you enter the workout area and show you where you will be in the workout zone after checking in with our front desk.



# LIMITED STUDIO CAPACITY

**Advanced Booking Required**  
**Reserve Your Spot**  
**No Walk Ins**

- Clients will be asked to book a club visit in advance using the RZone Fitness app. If you need to cancel, please cancel 5 hours or more before the start of the class.

# GIVE EACH OTHER SOME ROOM

Signage, Workout Spacing and New Workout Guidelines.



- We will be modifying our workout system and provide new guidelines for the group training.
- We will also be implementing a new studio capacity for the workouts. This will give each other enough space and physical distancing cues will be directed by staff and coaches.
- Physical distancing signs will be shown, and signs will be placed throughout the studio to remind clients to wipe down equipment before and after use and to practice physical distancing.

# PHASE 1: UP TO 16 WOMEN TO A CLASS FOR PROPER DISTANCING.

*For the time being, R new workout system will be limiting 4 women to a workout zone for proper distancing and fitness fun.*

*We will work mostly with 4 Workout Zones and 5 Workout Zones for proper distancing.*

## 4 Zone Workout Protocol

- **Zone 1: Treadmills**
  - 4 women spaced 6 ft or more.
- **Zone 2: Strength Training Floor**
  - 4 women spaced 6 ft or more.
- **Zone 3: Cybex Arc Trainers/WaterRowers and HITT BIKES**
  - 4 women spaced 6 ft or more.
- **Zone 4: Strength Training Floor**
  - 4 women spaced 6 ft or more.

# Don't forget to bring the following

- Mask/Covering (for use in the common areas of the studio. During the workouts, its not recommended to wear the mask/coverings.
- Towel if you would like.
- Heart Rate Monitor.
- Water Bottle filled up.
- Big Smile.



# GROUP FITNESS ETIQUETTE

## **Class Scheduling**

- To ensure physical distancing, we will limit capacity for all Group Fitness classes. Advance booking will be required to attend all classes. We will be providing the amount of participants allowed per class based on the guidelines from the State.

## **Studio Access**

- Entering the workout zone will be allowed 5 minutes before the start of the class. Clients will be asked to use hand sanitizer before entering the studios. Studios will be closed and unavailable for use between classes to ensure the studio and all equipment is disinfected. Our staff/coaches will work to get clients in and out of studios, while maintaining social distancing practices.

## **Equipment**

- RZone classes will be designed to facilitate distance between clients. Our team will set up the studio beforehand and guide you through your workout zones. Please clean your stations after your workout when you are about to transition into another zone.

## **Coaching Adjustments**

- No hands-on adjustments from the coaches will be provided. All cueing and corrections will be done verbally.



# Keeping each other safe.

*We can't wait to see you at RZone.*

- We've put a lot of changes in place—with more details coming soon. The way our new safety process will be most effective is if we all make sure to do our part in it. We know R clients will help us.
- If you have a cough, fever, or symptoms of COVID-19, please do not come to the studio until you're symptom-free and fever-free for three days.
- If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has, we ask that you do not come to the studio for 14 days or until you've tested negative for COVID-19.
- If you feel unwell or have any concerns about coming in to exercise, please stay home and stay safe. We will welcome you back when you're healthy and feel comfortable coming back to exercise.
- We're encouraging clients, staff and coaches to limit person-to-person contact, including hugs & high fives.
- It might be a bit overwhelming at first. But as soon as the music starts, the coach starts the class, you'll find yourself in the zone. The place you know and love.



# R zone Workout Area

Limited spacing for up to 16 members at a time / 4 and 5 zone workouts will be implemented.

We have provided enough spacing between each machine and floor exercises.

We have added blue tape only for those working stations that will be allowed.

No high fives

Please only bring keys, water bottle, and towel (locker area will be closed temporarily)

Please pre-book classes on our app due to limited spaces.