

# COVID-19 Preparedness Plan for TMJ Elite Fitness

TMJ Elite Fitness is committed to providing a safe and healthy training facility for all our staff, clients, teams, and visitors. To ensure we provide a safe and healthy environment, TMJ Elite Fitness has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Our goal is to mitigate the potential for transmission of COVID-19 in our training facility.

TMJ Elite Fitness's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders.

1. TMJ Elite Fitness will defer to the 25% occupant capacity necessary to allow for required social distancing, as established by state and local authorities.
2. All staff, instructors, and trainers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19.
3. Protective measures will be communicated by the instructors and staff to all teams/clients at the start of the first appointment to both, educate our clients, as well as inform them of their role in protecting those around them.
4. Team training session times will be staggered as such to allow for minimal congestion in hallways, entrances, and exits.
5. Basic infection prevention measures will be implemented at TMJ Elite Fitness at all times. They are as follows:
  - a) Clients/team members who do not feel well or have any symptoms compatible with COVID-19, will be asked to refrain from coming to TMJ Elite Fitness and are strongly encouraged to stay home. They must also refrain from coming to TMJ Elite Fitness, if they have a household member experiencing symptoms compatible with COVID-19 or have been exposed to someone who tests positive for COVID-19.
  - b) Teams/clients are required to wear a face covering or mask both when entering and exiting TMJ Elite Fitness. During the workout, as part of Governor Walz's mask mandate, masks may be temporarily removed in a gym or fitness center, while the level of exertion makes it difficult to wear a face covering, provided that social distancing is maintained.
  - c) Clients/team members will be required to wash their hands or use hand sanitizer both upon entering and exiting the TMJ Elite Fitness.
  - d) Clients/team members will be required to participate in temperature checks upon entering TMJ Elite Fitness. Anyone with a temperature will not be permitted to participate.
  - e) All equipment used at TMJ Elite Fitness will be wiped down/sanitized between users.
  - f) Clients/team members will be required to bring their own water bottle and no sharing of water bottles will be allowed.