



'Return To Gym' Checklists ✓



ATHLETES:

HOW TO MINIMIZE THE RISK OF COVID-19 TO YOU AND LOVED ONES DURING TRAINING

BEFORE THE GYM:



- Remove your watch and jewelry
- Bring a change of clothes to the training center in a washable bag
- Practice proper hand hygiene
- Bring a pair of shoes to change into following training
- Bring your own water bottle
- Bring your own shake in a clean shaker bottle

AT THE GYM:



- Sanitize your phone, eyewear, keys, or anything else another person or surface may touch regularly
- Wipe all equipment prior to use
- Avoid handshakes and high fives
- Avoid spotted exercises
- Avoid close quarters cardiovascular training
- Wear appropriate PPE as directed
- Practice social distance of 23-27 feet (recommendation for heavy breathing)
- Avoid public drinking fountains
- Hand hygiene before/after each exercise or when touching new surfaces
- Avoid touching the face
- Spray and wipe all equipment before and after use
- Avoid wiping sweat from your face with your shirt or towel during training
- Hand hygiene prior to eating or drinking during training

AFTER THE GYM:



- Sanitize phone, keys, ID badge, eyewear, etc.
- Change out of your training clothes and put them into a washable bag
- Hand hygiene before entering your car
- Wash training clothes and reusable PPE in the washing machine on the highest heat setting immediately after arriving home
- Shower immediately after arriving home
- Put your water bottle/shaker in the dishwasher or hand wash immediately after arriving home on the highest heat setting
- Leave shoes outside in the garage or outside the front door
- Complete any wellness monitoring as prescribed by your coaching staff or medical team



COACHES: HOW TO MINIMIZE THE RISK OF COVID-19 TO YOU AND LOVED ONES WHILE AT WORK

BEFORE THE GYM:



- Remove your watch and jewelry
- Bring a change of clothes to the training center in a washable bag
- Practice proper hand hygiene
- Bring a pair of shoes that can be easily cleaned and left at work
- Bring lunch in a disposable bag
- Review any wellness monitoring of athletes

AT THE GYM:



- Sanitize your phone, eyewear, keys, or anything else another person or surface may touch regularly
- Wipe all equipment prior to use
- Avoid handshakes and high fives
- Avoid spotted exercises
- Avoid close quarters cardiovascular training
- Wear appropriate PPE as directed
- Practice social distance of 23-27 feet (recommendation for heavy breathing)
- Avoid public drinking fountains
- Hand hygiene before/after each exercise or when touching new surfaces
- Avoid touching the face
- Sanitize any work supplies such as stopwatches, biofeedback units, or tablets regularly
- Sanitize your lunch space prior to eating
- Spray and wipe all equipment between sessions

AFTER THE GYM:



- Sanitize phone, keys, ID badge, eyewear, etc.
- Change out of your training clothes and put them into a washable bag
- Hand hygiene before entering your car
- Wash training clothes and reusable PPE in the washing machine on the highest heat setting immediately after arriving home
- Shower immediately after arriving home
- Leave any materials you don't need at work
- Wipe down work shoes and leave them at work or outside your house
- Review any wellness monitoring of athletes