



'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
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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
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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
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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
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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