

COVID-19 Preparedness Plan for Bring It! Studios and CrossFit Chanhassen

CPS, LLC, which owns and operates Bring It! Studios and CrossFit Chanhassen (BIS / CF), is committed to providing a safe and healthy workplace for all our workers and customers. To ensure that, we have developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Managers and coaches, trainers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces and communities, and that requires full cooperation among our coaches, trainers, management, and customers. Only through this cooperative effort can we establish and maintain the safety and health of our workplaces.

Our workers are our most important assets. We are serious about safety and health and keeping our workers working at CF / BIS. Worker involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our workers in this process by first inquiring if they are comfortable to come back to work. In the event there are any concerns, the workers are directed to discuss this with management. Our management team has worked together to come up with the plan that is compliant with the CDC requirements. Our COVID-19 Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines, federal OSHA standards related to COVID-19 and Executive Order 20-48, and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- customer controls and protections for drop-off, pick-up, and delivery;
- housekeeping, including cleaning, disinfecting and decontamination;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to managers and workers; and
- management and supervision necessary to ensure effective implementation of the plan.

Screening and policies for workers or members exhibiting signs and symptoms of COVID-19

Workers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess workers' health status prior to entering the facility and for workers to report when they are sick or experiencing symptoms. Workers will be directed to take their temperature before arriving to work. If they find that they are experiencing symptoms, the worker needs to contact management right away to get their shift covered. In the event that they experience symptoms while working, they will immediately end class, send home members, and contact management. If our workers show symptoms, they will need to isolate and stay home for 14 days.

In the event that we learn a worker or member has exposed the community to COVID-19, CPS, LLC management will contact all workers and members immediately via email. We will make phone calls to any person that was directly in the same class or attended on the same day. We are able to track

attendance and people they came in contact with, using our software that runs our reservations and schedules.

In addition, the privacy of workers' health status and health information will be protected. In the event of any worker or member getting sick, the identity of that person will be kept private. We will not share the name of the person(s) that has shown symptoms.

Handwashing

Basic infection prevention measures are being implemented at our facility at all times. Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the toilet. All visitors to the facility will be required to wash their hands prior to or immediately upon entering the facility.

BIS / CF will have hand sanitizer at the entrances of our facility. We will also have dispensers placed throughout the building. We have sinks in the restrooms with soap available as well to keep up on handwashing. The stations will be checked daily and will be a part of our closing checklist. We will be posting signs on the entrance and throughout the facility to remind that hand washing is mandatory upon arrival and prior to leaving.

Respiratory etiquette: Cover your cough or sneeze

Workers and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose, and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward.

Social distancing

Social distancing is being implemented in the facility through the following engineering and administrative controls:

- Classes will have 10 minutes between each class to ensure time for sanitizing and proper social distancing.
- We will have spaces marked in the facility that give each member 6-10 feet of space that is dedicated just to them.
- Signage will be placed on doors, bathrooms, and throughout as a reminder to stay distant and sanitize.
- There will be no sharing of equipment
- Coaches can wear proper equipment if they would like.

- Customers who would like to purchase anything will communicate with the coach/trainer or manager. They are in charge of getting the merchandise and ensuring it is safely given to the customer. Sanitizing hands prior to the transaction is recommended. The item purchased will be set aside so the worker does not need to come within 6 feet of the customer.
- Workers, visitors, and customers are prohibited from gathering in groups. Workers and visitors are prohibited from gathering in confined areas, including entryway and bathrooms.
- Require members to bring all of their belongings and fitness equipment with them, leaving nothing at the gym.

Cleaning and Disinfecting

Regular cleaning practices are being implemented, including routine cleaning and disinfecting of work surfaces, equipment, floors, bathrooms, entryway, and all surfaces in the main area. Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, railings, counter space, etc. At BIS / CF we will follow our mid-morning and closing cleaning checklist that includes sanitizing all of the above. After each class, there will also be a checklist to follow to sanitize the areas used during class. The floors will be sprayed with an EPA approved disinfectant after every use and allowed to sit between classes to kill viruses. They will also be sprayed with a bleach solution at closing.

Communications and training

Additional communication and training will be ongoing. Instructions will be communicated to customers about how to meet the standards laid out in this document to ensure social distancing between the customer, the worker, and other customers. Managers and workers are to monitor how effective the program has been implemented by checking off on the daily plans and monitoring classes when present. Management and workers are to work through this new program together and update the training as necessary. This COVID-19 Preparedness Plan has been certified by **CPS, LLC**. It will be updated as necessary according to the updated resources listed in Appendix A.

Please understand that despite all the precautions you, other members and Bring It! Studios and CrossFit Chanhassen may take, we cannot guarantee your health or safety, and you may still be exposed to COVID-19, including through interactions with other individuals who have COVID-19.

Certified by:

Melissa Crow, CPS, LLC owner and manager

Caleb Sohm, CPS, LLC owner and manager

Jon Crow, CPS, LLC owner

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Appendix A – Guidance for COVID-19 Preparedness Plan

General

CDC Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

MDH Coronavirus – www.health.state.mn.us/diseases/coronavirus

State of Minnesota COVID-19 response – <https://mn.gov/covid19/>

Businesses

CDC Resources for businesses and employers – www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html

CDC General business frequently asked questions – www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html

MDH Businesses and employers: COVID-19 – www.health.state.mn.us/diseases/coronavirus/businesses.html

Minnesota Department of Employment and Economic Development (DEED) COVID-19 information and resources – <https://mn.gov/deed/newscenter/covid/>

DLI Updates related to COVID-19 – www.dli.mn.gov/updates

Federal OSHA – www.osha.gov

Handwashing

www.cdc.gov/handwashing/when-how-handwashing.html

www.cdc.gov/handwashing

<https://youtu.be/d914EnpU4Fo>

Respiratory etiquette: Cover your cough or sneeze

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

www.health.state.mn.us/diseases/coronavirus/prevention.html

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Employees exhibiting signs and symptoms of COVID-19

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

www.health.state.mn.us/diseases/coronavirus/basics.html

www.health.state.mn.us/diseases/coronavirus/facilityhlthscreen.pdf

Training

www.health.state.mn.us/diseases/coronavirus/about.pdf

www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

www.osha.gov/Publications/OSHA3990.pdf