



Updated May 14, 2020

Crater Fitness Code of Conduct and Commitment:

To the best of our ability.....

1. Your safety and health is our priority. We are family and care for each other. Athletes and instructors must be mindful.
2. If you are not feeling up to par, please stay home.
3. Everyone is responsible for following and abiding by all cleaning & hygiene processes. To clean hands, clean equipment, clean air.
4. Outdoor shoes are placed on the mats near the door. Bring dedicated indoor shoes for your workouts.
5. Please be mindful of space between athletes as you enter & exit the studio.
6. Masks are strongly encouraged. Please bring your own personal gear.
7. Please bring your own water bottle. We will NOT use the water fountain..
8. Athletes & instructors will wash hands before and after workouts.
9. Bathrooms will be cleaned after each class and personal training appt. Door handles and other common surfaces will be cleaned frequently.
10. Cleaning wipes are provided for wiping all areas you touch - before & after your workout. Wipes are difficult to find in local stores so please be mindful of how you use them.
11. Cleaning routines for equipment, tools, benches, handles, balls, mats, and things we touch have been increased.
12. Indoor workouts:
  - Maximum class size is 5. Athletes MUST pre-register for the classes.
  - Workouts are planned so that athletes have their own "Zone" and use own equipment. Circuit-based workouts will NOT be offered at this time and Aerobic/cardiovascular workouts will NOT be offered at this time.
  - All class workouts offered INSIDE the Studio will focus on muscular strength, joint mobility, balance and flexibility. Fitness tools we'll use: dumbbells, tubing, circle bands, stability balls, medicine balls, steps, body weight and a mat.
13. Outdoor workouts:
  - Aerobic & cardiovascular exercise will be offered OUTSIDE the Studio during designated days & times.
  - The Hybrid Fitness class schedule reflects different fitness levels: beginning to advanced.
  - Dress for the temperatures. Footwear is very important. Use a couple different pairs and alternate them.
14. ***It is Crater Fitness' AND the athlete's informed decision to participate or not in activities with Crater Fitness and with other participants, therefore, each athlete must read and sign a "COVID-19 Waiver".***
15. For everyone's safety, changes and/or additions to this list may happen in the future.

*Thank you for your attention, trust, and concern! ~ Jennifer*