



JULY 2020

# THE FUNCTIONAL FITNESS GROUP

BLUEPRINT TO THE 'NEW NORMAL' AT  
FUNCTIONAL FITNESS

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# 02

## WELCOME BACK

Woah! What a whirlwind few months it has been! A very scary prospect, and quite a harsh reality that has seriously damaged Functional Fitness right across the group. However, there is light at the end of the tunnel. We are now planning for reopening, with the strictest of measures possible, in order to keep YOU and our staff safe! You guys that have stayed with us throughout this are treasured forever. We are down on our knees, but we are not finished yet. So let's see it! Luckily, we have one unique advantage over a 'gym' in that we actually can socially distance, given our setup. This way we can ensure everyone's safety AND be ahead of the game!

## OUR PHASED APPROACH...

With the virus still out there and still posing a genuine threat to everything that we all do (or would like to do) on a daily basis, we have to get REAL. We have to take this seriously, and we therefore have to implement some real, new measures in order to keep you all safe. We will start off by making sure that you guys and our fantastic team of coaches - the ones who have kept us afloat, get the benefit. So phase one will be very much, sticking to boxes, no use of the rig or changing facilities, in the the hope that phase 2 will allow us to make a more free-moving use of the gym..



## BEFORE YOUR CLASS

### **Prior to attending a session at your chosen Functional Fitness facility:**

1. Book yourself in using your wodify account
2. Have an old hand towel, bath towel (or exercise mat), and water bottle ready to rock
3. Upon arrival at your Functional Fitness facility, wait outside maintaining 2m distance from each other, or in your method of transport.
4. Coach will come outside, guide everyone in to the class area in an orderly fashion, and direct you to your 'zone'. This is a 2mx2.5m box with a one metre track all the way round it.
5. Use the hand sanitiser provided on the way in.

## 'IN THE ZONE'

Once the coach has directed you to your zone, please stay 'IN THE ZONE' unless you need to use the toilet. If you have to use the toilet, please observe the toilet being vacant (door open) before leaving your zone. If/when you do use the toilet during a session, please observe the signs in the toilets for sanitation guidelines.

your equipment will be prestaged with everything we anticipate you require for class

If you need extra kit like weight plates, please ask the coach to grab them for you. They will be happy to do this for you.

## THE MEAT AND BONES

### **The in's and out's of the construct of a class during phase 1:**

1. Our offering will be very simple to begin with on the group fitness side of things
2. We will only offer group fitness (CrossFit) classes and 1-1 Personal Coaching in phase 1.
3. Classes will be budgeted at 1 hour, and the time will be apportioned:
  - 4 minute entrance and get 'in the zone'
  - 45 minute exercise portion
  - 7 minute group clean down of all kit used, led by the coach
  - 4 minute exit of building via the one-way system
4. The program will be a bespoke program written by our coaches, for our members

## AFTER THE CLASS

In order to meet the needs of controlling this virus and keeping everyone safe, whilst giving enough slots every day for you guys to get a workout in, we all have a major part to play in ensuring everyone has a safe environment to come and exercise in.

Following on from the above, the coach will lead us all through the cleaning of our 'zones' at the end of our sessions. This little part will not take long, but will mean so much for us to ensure a reasonable turnaround for the next class.



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## PPE - MAKE IT SAFE

1. PPE will be given to all coaches to wear during class times
2. In the event that someone requires first aid, we have full PPE ready for our First Aid trained staff
3. Whilst it is not mandatory, if you wish to wear a face mask to class, you are more than welcome to.

## ONLINE OFFERING

We are well aware that some of you belong to the shielded group in our community. For this, we will still keep up elements of our online offering. There will be programmed workouts for you to do at home, you will still get check-ins with your coach, some extra little workouts and some nutritional pointers from your team leader. We fully understand that some of you may still be fearful of COVID 19, and it is not to be taken lightly, so if you do believe you would still rather train at home, please do, and we will continue to support you through this.

## EXTRA MEASURES

**In addition to the group cleandown after each session, we are implementing the following procedures:**

1. Deep cleaning of the facility every single day
2. Cleaning of the contact points on toilets and doors between every session.
3. During the working day, there will be reduced limits on the number of staff in the main room at all times.
4. Class size restrictions will be on wotify, but will be site-specific.
5. Personal Training, will be entry and exit guided by your coach. Please wait outside, maintaining 2m apart, or in your car until your coach comes to retrieve you.
6. Changing facilities - there will be no use during our phase 1. We have made the morning class earlier in order to accommodate heading home before work.

## PHASE 2...

Following a period of adherence, progression and further information about tackling this almighty problem, we aim to open the facility back up to free movement, meaning we can have more variance in type of workouts and kit used. We will implement the same procedures, and offer the same services as Phase 1, only this time allowing new people to join back in.

We will provide more information on this, as and when we are ready to make the next step. We anticipate just a short period in phase 1. However, this can be changed by the government at any time.