



REOPEN PLAN - Phase 1

POW! Gym Chicago will re-open services and operations in 4 phases. This 4 phase plan is in response to ownership's respect for the global pandemic and compliance with the City of Chicago Health & Fitness Guidelines, the CDC recommendations, and ultimately for the protection of our community and staff. **Our Phase 1 is equal to the City of Chicago's Phase 3 'Re-Open Cautiously.'** While we wish we could offer more services during this time, we must follow the City guidelines. POW! Gym Chicago will always be guided by the mantra, 'DO NO HARM TO OTHERS.' This plan is a brief overview of the first phase or our approach to reopening many of POW! Gym's programs. POW! Gym and staff is taking every precaution possible to provide a safe training experience.

PHASE 1

EVERYONE MUST SIGN A NEW WAIVER BEFORE RETURNING TO ANY AND ALL PROGRAMS.

ADMINISTRATIVE HOURS

Monday to Thursday | 10am- 4pm
Saturday | 9am to 11am

ON-SITE SERVICES OFFERED

- Onsite Privates & All Offsite classes & sessions require reservation.
- Walk-ins are not allowed for training.

BOOKING AND RESERVATIONS

- **All outdoor classes, privates outdoor PEAK must be paid for before you are allowed to make a reservation. Contact us if you need assistance with your account.**
- **Outdoor Classes:** Members can make a reservation by logging into their Mindbody account, using the POW! APP, calling the facility or emailing management.
- **Private Training:** Members can communicate with trainers directly, however, only POW! management can confirm private sessions to finalize a booking. You can call or email management.
contact information: 312-829-7699 katalin@powkickboxing.com and lizzie@powkickboxing.com

LATE CANCEL POLICY FOR ONSITE CLASS & OPEN GYM

- You may cancel a reservation for an offsite class up to 12 hours before with no late cancel fee.
- If your reservation was made using a class card, you will automatically be deducted one class for a late cancel.
- If your reservation was made using your monthly membership, you will automatically be charged a \$10 late cancel fee.
- No mulligans will be given for late cancels.

ONSITE PRIVATE and OFF-SITE SEMI-PRIVATE & PEAK TRAINING POLICIES

- You may not book any private, semi-private or PEAK without a package on your account or an active credit card to be used for the purchase of a single session.
- You must check in at front desk upon arrival. You will be charged upon arrival for your session. Front desk staff will let you know how many sessions are remaining on your account.
- A 24-hour cancel policy is in place at all times.
- The City of Chicago guidelines ask that you arrive dressed for your workout to minimize time in the locker room.
- While the bathrooms are open, the City Guidelines ask if using the locker room/bathroom keep 6 feet of separation or take turns entering.

PHASE 1

CHECK-IN PROCESS

- Upon entering POW! for the first time, you will be required to sign a new waiver and Code of Conduct. This includes parents/guardians. Individuals under the age of 18 will not be permitted inside the facility unless their guardian signs the additional waiver and Code of Conduct.
- Everyone must wear a mask or face covering upon entering facility.
- Everyone must stop at the front desk to be properly checked in for all types of facility usage.
- After check-in, everyone must wash their hands for 20 seconds. Follow recommended steps posted.

CLEANING

- In addition to our daily cleaning routine, all POW! staff will be required to participate in frequent cleaning duties. This includes hourly cleaning of high traffic or used zones.
- Clients and members will be required to participate in cleaning the equipment and space used during their workout. POW! will provide cleaning kits. A list of chemicals is provided on our website under [Blog- POW! cleaning supply list](#).
- POW! will use an electrostatic sprayer daily & fogger to disinfect our facility, both small and large spaces.
- The electrostatic sprayer will ionically charge the disinfectant solution forcing the chemical particles to statically cling to all surfaces. This uniform application results in an even and complete 360 coverage. The 360 coverage process ensures that less obvious areas are disinfected in addition to high traffic areas. To view our machine go to our website Blog called POW! cleaning supply list.
- The electrostatic sprayer is being done in addition to our enhanced traditional cleaning processes like, sanitation/disinfecting of the track, floors, mats, equipment, locker rooms, benches, rails, door handles, dumbbells, fitness accessories, heavy bags, ledges, storage spaces, touch screens, computers, desks, sinks, counters and more.
- We will also be using a fogger machine as an additional tool for a wide-spread application of disinfectant on the track, floors and mats.
- Barefoot training will only be allowed in the studio. Before entering the studio barefoot, you must use the FOOT BATH provided at the entrance to disinfect your feet.

CODE OF CONDUCT WHEN WORKING OUT - INDOOR PRIVATES

- Everyone must wear a mask or face covering during training sessions and while in the facility.
- You must bring a clean indoor training shoe to be used in all indoor training sessions. No outdoor shoes allowed.
- The City of Chicago is requiring masks be worn during all forms of indoor and outdoor training/fitness.
- Barefoot training will only be allowed in the studio and the foot bath must be used by everyone entering this studio space.
- Shoes will not be removed on the ramp. Shoes will be removed after checking in and clean indoor shoes should be put on when you arrive to the shelf or cubby used for your personal items.
- Everyone must respect social distancing guidelines of 6 feet when moving about the facility.
- Cleaning kits will be available at the front desk and within each training space. These items must be used to clean equipment and training space. They must be returned after use to POW!.
- For the safety of everyone, POW! has fewer training accessories available for use. When using any accessory (i.e. jump rope, cable attachment, medicine ball), member will be required to place these items in the 'USED/DIRTY EQUIPMENT BIN.' They will be disinfected by the fogger or sprayer.
- Everyone must bring their own gloves and wraps. No house gear will be provided.
- Everyone will be required to sanitize their own heavy bag, dumbbells, barbells, treadmills, bench, kettlebells as well as large pieces of training equipment.

CODE OF CONDUCT WHEN WORKING OUT - OUTDOOR TRAINING

- Everyone must wear a mask or face covering during training sessions and while in the facility.
- All outdoor sessions will meet in front of POW!
- You may use the bathroom, hand sink and storage shelf when participating in outdoor sessions.
- Participants must bring their own water bottle and towel. You may bring your own portable equipment.
- POW! will provide all the equipment for the outdoor sessions. These will be placed in wagons that will travel with the instructor. Equipment will be disinfected before being assigned to the outdoor class / participants.
- Outdoor sessions will carry a full sanitization kit and first aid kit.
- Outdoor training location will change for session to session.
- You must be preregistered for all outdoor sessions.
- Sessions will not use partner drills and participants will be separated by at least 6 feet, 10 feet in most cases.
- After session ends, POW! staff will be responsible for disinfecting equipment at POW!

PHASE 1

CAPACITY

- POW! will follow City of Chicago capacity guidelines with regards to social distancing to provide the utmost safety for everyone when offering all types of training sessions.
- Lounges will be closed.

OTHER AMENITIES

- The showers will not be available.
- The hydromassage bed will not be available.
- The community working lounge will not be available.
- Loitering before and after classes will not be permitted.
- Storage of bikes, scooter and strollers will not be permitted inside the facility.
- The water fountains will not be available.
- No daily locker usage, only locker rental.

FOR SALE

- Masks and face coverings will be available for purchase.
- Water and other beverages will be available for purchase.
- Boxing gloves, mitts, wraps and shirts will be available for sale.

There are so many things that make POW! a special community. We ask that all clients & customers observe the following etiquette.

Lead By Example

Here is a review of our company values

BE POSITIVE

Please return to POW! with a positive attitude.

BE KIND

Show kindness to others as an extension of a positive attitude to help ease those who feel slightly 'on-guard.'

BE PATIENT

Please show patience with everyone. The expected changes in behavior require support and consistency.

BE DISCIPLINE

Adapting to the new guideline will require discipline from everyone.

BE RESPONSIBILITY

We must Lead By Example. Support POW! by being responsible for yourself and follow the guidelines.

All guidelines will be evaluated weekly. POW! and its staff will be highly adaptable and support State legislation and City of Chicago Public Health Guidelines. POW! staff will also follow the guidelines outlined in this document, leading by example to ensure that everyone can enjoy working out and some sense of normalcy.