

BEFIT COVID REGULATIONS:

Please read through the document carefully.

Please take note that the rules are non-negotiable. This is the new normal we have to adapt to and it is difficult for all of us.

It is entirely up to you if you want to come or not. You do so at your own risk. That being said I will do my absolute best to keep everyone safe with your co-operation of course.

I will update the rules accordingly on a weekly basis as needed.

Arriving at BEFIT:

- At the door I will take your temperature and record it. You will be allowed to enter if it is below 37.5.
- There will be a self-screening poster up. Please check if you have any symptoms as you will only be able to enter if you don't have any Covid-19 symptoms.
- Sanitize your hands upon entry.
- I will tell you what equipment to take. Take it and go stand in a marked block.
- All the equipment will be cleaned but you are welcome to clean it again before using it. Use the sanitizer and towel roll in your sani basket. Dispose of carton rolls used in the bins around you.

What to wear and bring along:

- Wear a mask when you arrive. Keep it on until you are in your block. During class the wearing of the mask is optional as we are 2m apart and the new government regulations now state that you can exercise without it. If you leave your block for any reason your mask must be on.
- Remember your water bottle. Consider a water bottle that you can open with your mouth. You will then avoid having to open and close the cap with hands.
- You will need to bring your own mat. If you don't have a mat or don't want to purchase one you can use one of the studio mats and will then have to clean it after use.
- If you have your own weights bring them.
- Bring along your sweat towel or you can use the towel roll in your sani basket.
- The fan will not be on to prevent spreading particles. I will thus open all doors and windows to allow fresh air flow. Thus make sure you have a warm top for the cold days.

During class:

- Remain in your block at all times. Only leave your block if you need the restroom or more equipment.
- Use sanitizer regularly during the class to keep your hands clean.

After class:

- Clean all the equipment you used during class with the sanitizer and towel roll in your Sani basket. Sanitize your hands after this. Make sure you dispose of anything else you used for cleaning during and after the class.

- Upon leaving be aware of where everyone is. Please don't all go out the door at the same time. At all times keep a 2m distance and have your mask on.
- I also suggest you take of your training clothes as soon as you get home and jump in the shower if possible.

Class adjustments:

- I have taken away circuit style classes where would share equipment. The classes will be designed containing exercises that can be done in your block with your equipment. Don't share equipment. Rather take two kettlebells for example if you think you might need it.
- To allow for screening and cleaning between classes some classes are 45min. I will still make sure you get a good workout in.
- There will be less classes than usual on the schedule while we are slowly returning to normal. I will schedule in more classes as the weeks go by and as I see more people are returning.
- Classes in the studio will be limited to 10 ladies to allow for social distancing. Outdoor classes will have a bigger size due to more than enough space for 5 meters plus distancing.

Class bookings:

- Booking required for all classes to control numbers. Book by sending me a WhatsApp with your name and the corresponding letter of the classes you want to book for.
- I will be sending out a weekly and not monthly schedule so it is easy for me to implement changes as needed due to this very uncertain times. The schedule will get send out every Saturday.
- Cancellations: Please let me know if you can't make a class anymore so I can tell the others there is a spot again. Try and make the classes you booked for so that you are not taking up a space of someone who can come. If you do have Covid symptoms please cancel your booking. Even if this is last minute.

Online services:

- **Zoom:** I will still be offering classes and personal training over zoom. I will Zoom from studio while I give an in studio class. Book for Zoom classes so I can send you the code.
- **YouTube:** I will continue with posting YouTube videos.
- **Personalized Programmes:** You can still contact me for personalized workout plans to do at home.

Payments and Packages:

- Where possible I will prefer eft payments but you can still bring cash if you prefer it.

We have the following packages with additional packages added during this time that might work better for you:

Unlimited classes for a month from payment date R410

- ✓ Packages from payment date as normal so if you pay 20 September for example you have unlimited classes until 20 October.

12 Classes R495

(To be used over 3 months)

8 Classes	R370
(To be used over 3 months)	
4 Classes	R200
(To be used over 2 month)	
Single Drop in Class	R55
Zoom Online Class	R40

Please contact me for Personal Training fees.

Other:

- Bathrooms: for your own safety only use the bathroom if you need to. It will be the safest to use it at home but I know sometimes one needs to go.
- Please don't enter the studio before the class and sit inside while the previous class is still on. Please wait in your car so we can limit the numbers inside. The only time you will be allowed to enter before the time is if you come from work and need to change. You will still be screened and can go in to change and then go back to your car.
- Please feel free to use as much sanitizer as you need. Don't worry about using too much. Be safe.
- Please follow the rules on coughing and sneezing into your elbow or a tissue.
- Remember to keep your distance at all times. Don't come in anyone's personal space of 2m. No hug greetings.
- Only the person booked for class may enter the studio. No visitors or kids. I know lots of the kids have not returned for school but unfortunately they won't be allowed inside so I can control the numbers. They are welcome to play outside or sit in your car.
- If you have been tested for Covid-19 please don't come until you have received your negative result.

Final Note:

This is all something new for BEFIT and a very stressful and anxious time for me. I will certainly make mistakes and forget things. Please feel free to communicate with me if you have questions or need clarity on the guidelines. Thank you for your support. Let's all be kind and understanding towards each other. Please do your part to keep yourself and others safe as I definitely don't want to have to check up on everyone.

Yours in Health and Fitness,

Benine Christie

