



## **OBSTACLE FITNESS REOPENING SAFETY PLAN**

### **Employee & Participant Health**

The health and safety of our employees and participants is our number one priority. Below is our Reopening Plan that addresses precautions following all state, local, and federal guidelines in order to do so. In certain areas we have gone above those standards because we respect the seriousness of this pandemic. We have always taken pride in our cleanliness and safety protocols to create the best experience possible for all of our participants, and this will not change.

We know that everyone has different comfort levels regarding the reopening of Massachusetts - and that's ok! We want you to do what is best for yourselves and your families. Some people are ready to get back out and some are not. We take your safety very seriously and for those that are comfortable, we will be here to serve you. If you have any questions or concerns, please reach out and we can further discuss any part of our reopening plan.

### **Social Distancing**

All persons, including employees and participants, must remain at least six feet apart to the greatest extent possible while Obstacle Fitness is onsite. Employees and participants are required to wear face coverings or masks. Participants are able to remove their masks when they are able to maintain six feet of distance from others. More details are below.

#### **Social Distancing Protocols:**

1. **Mask Protocols:** Employees will wear masks and participants will be encouraged to wear masks. Stations and activities will be modified to provide six feet of distance. Masks can be removed according to guidelines set below.
2. **Mask Safety:** When six feet of distance is not possible then the athlete must wear a mask. Make sure the mask is secured properly so that it does not raise in front of your eyes. Also, watch for symptoms of lack of oxygen like; lightheadedness, dizziness, numbness or tingling and shortness of breath. If you have any of those symptoms, then simply move to a space six feet away from others and remove your mask immediately.
3. **At Obstacles:** Participants will run through the obstacle course one at a time.

### **Hygiene Protocols**

**Shared Equipment:** Shared equipment will be sanitized before and after each onsite program or anytime the equipment is transferred to another location.



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**Personal Equipment:** Participants will provide their own water bottle. Participants are advised not to share their water bottle with anyone that is not from their residence.

**Hand Sanitizer:** Hand sanitizer dispensers will be provided by Obstacle Fitness. Everyone must use the hand sanitizer prior to starting the program. Employees and customers will sanitize their hands at the end of the program too.

**Hand Washing.** Correct hygiene and frequent handwashing with soap is vital to help combat the spread of viruses. All employees have been instructed to wash their hands, or use sanitizer when a sink is not available, after any of the following activities: using the restroom, sneezing, touching the face, blowing the nose, cleaning, sweeping, mopping, eating, drinking, and before a program starts. We recommend the same hand washing protocols for the customers.

### **Staffing & Operations**

**COVID-19 Training:** All employees will receive training on COVID-19 safety, social distancing, and hygiene protocols.

**Temperature Checks:** Our employees will have their temperature checked upon arrival of their shift. Employees confirmed to have a temperature over 100.4°F will not be allowed to come to your house to run a program and may need to reschedule if another employee can't cover.

**Face Coverings:** Athletes may remove face coverings while participating in practice and drills, provided they are able to maintain at least six feet of distance from all other persons present. You must keep your face covering on you at all times so either wearing clothes that have a pocket or alternately a mask that can hang around your neck when not in use is recommended. Face coverings should otherwise be worn by employees and customers in accordance with MA guidelines to prevent against the transmission of COVID-19 throughout the duration of the activity.

**Personal Protective Equipment (PPE):** Appropriate PPE will be worn by all employees based on their role and responsibilities and in adherence to state or local regulations and guidance. Training on how to properly use a face covering or mask will be mandatory. Every employee will be required to wear a mask while on the property.

**Employee & Guest Health Concerns:** Our employees have been given clear instructions on how to respond swiftly and report all presumed cases of COVID-19 on property to the management team. We will be ready to provide support to our customers. Employees are instructed to stay home if they do not feel well and to notify their manager. Employees are instructed to contact a manager if they notice a coworker or guest with a cough, shortness of breath, or other known symptoms of COVID-19. Employees/guests who are exhibiting any of the symptoms of COVID-19 while at the property are instructed to immediately notify their manager (employees) or the front desk (guests). They will be immediately separated from other



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employees, customers, and visitors. They will then be sent home and advised to contact their physician.

**Sick Employees/Participants:** Follow the CDC recommended steps below.

Employees/customers should not book Obstacle Fitness' services until the criteria to discontinue home isolation are met in consultation with healthcare providers and state and local health departments.

- Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Employees/customers will stay in touch with their doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Employees/customers will avoid public transportation, ride-sharing, or taxis.

**Confirmed Covid-19 Case:** If an employee or customer is confirmed to have COVID-19 infection, Obstacle Fitness will inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA). The employer should instruct fellow employees about how to proceed based on the CDC [Public Health Recommendations for Community-Related Exposure](#) and local board of health.

- Close contacts of confirmed cases are the people most likely to become infected themselves. To facilitate identification of infections, molecular testing is recommended for all close contacts regardless of symptom status.
- Close contacts, regardless of symptoms associated with COVID-19 should be tested as soon as possible after they are notified of their exposure to COVID-19. Testing should be done by PCR or other molecular test from a nasopharyngeal, nasal, or oral swab or a sputum sample.
- Serologic (antibody) testing is not appropriate for this use.
- Symptom-based testing should occur at any time during the contact's 14-day quarantine period, even if the person previously had a negative test result within that same period.
- There should be a low threshold for determining if someone is symptomatic and new onset of any of the following symptoms—fever, cough, shortness of breath/difficulty breathing, chills, shaking chills, headache, myalgia, sore throat, or loss of taste or smell—in a close contact should trigger testing.
- The contact is required to quarantine for the full 14 days, even following a negative test result.
- Close contacts may present a letter or a text from the MA COVID Team or a letter from a local Board of Health indicating the need for testing.

**Return-to-Obstacle Fitness Plan:** Employees and customers must follow the guidelines outlined below prior to returning to work or utilizing Obstacle Fitness' services.



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- Symptomatic
  - Symptom-based strategy: At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and
  - Improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
  - At least 10 days have passed since symptoms first appeared.
- Asymptomatic
  - Time-based strategy: At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming they have not subsequently developed symptoms since their positive test.

### **Cleaning & Disinfecting**

**Cleaning Protocols:** Below are the general guidelines for cleaning. We are working with our vendors, distribution partners and suppliers to ensure an uninterrupted supply of these cleaning supplies.

- We use cleaning products and protocols which meet EPA guidelines and are approved for use and effective against viruses, bacteria and other airborne and bloodborne pathogens.
- We will keep cleaning logs that include date, time, and scope of cleaning.
- Employees will wear appropriate PPE while cleaning.
- Employees will wash their hands after cleaning.

**Obstacles and Equipment:** All equipment, will be sanitized with a fogger or towels with an EPA approved cleaning product in between every onsite program.

**Employees/ diagnosed with Covid-19:** When an active employee is diagnosed with COVID-19, cleaning and disinfecting must be performed.

- Obstacle Fitness will discontinue operations for disinfecting/cleaning when necessary.

### **The Guest Journey**

#### **Obstacle Fitness Arrival:**

- Upon the arrival of Obstacle Fitness to your house or location, the Obstacle Fitness employee will approach the house. Participants will be screened (temperature check and Health Survey Form), asked to use hand sanitizer, and to wear a mask. It will save time if you print the Health Survey Form at home and complete the questionnaire prior to arriving.
- Obstacle Fitness will be told where to setup the games and obstacles if this conversation hasn't already happened.
- Participants are not allowed on the obstacles or to touch any equipment until setup is complete. Once setup is complete, the Obstacle Fitness employee will let participants



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know. All participants and employees must use the hand sanitizer before beginning the program.

- Once the program has started, any additional participants that have arrived will not be allowed to participate if they have not been screened.

We take the responsibility to make our program safe seriously and believe our measured approach lets you, and your family, experience the program the way you prefer. We look forward to adding more services when the time is appropriate in a responsible way.

On behalf of the entire team at Obstacle Fitness, thank you for your continued loyalty, support and passion for Obstacle Fitness. We will keep listening, learning and moving forward together on this journey. We look forward to seeing you again soon!