

Guidelines for Re-Opening the Movement Center

Following the guidance provided by the State of NH for the re-opening of the Movement Center, we (Mike, Erin and Deb) welcome you back and promise that we are working hard to keep us all healthy!

Staff Precautions and Procedures

1. We will stay home if we can answer “yes” to any of the following questions:
 - a. Have you been in close contact with a confirmed case of COVID-19?
 - b. Have you had a fever or felt feverish in the last 72 hours?
 - c. Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough, or shortness of breath?
 - d. Are you experiencing any new muscle aches or chills?
 - e. Have you experienced any new change in your sense of taste or smell?
2. We will take and record our temperature each day before coming to the Movement Center.
3. We will not come to the Movement Center if our temperature exceeds 100.0 degrees or if we are not feeling well.
4. We will wash our hands or use hand sanitizer when we enter the Movement Center.
5. We will wear masks while inside the Movement Center.
6. We will maintain a distance of 6 feet from you while providing instruction and will NOT make physical contact with you.
7. We will not adjust your equipment during your session or class. This includes the Springboard and Reformer. Accordingly, training on this equipment may be limited. If you are training on the Springboard or Reformer, we will guide you as to adjustments.

Keeping the Movement Center Clean and Safe

1. We will make hand sanitizer available in multiple places including at the entrance/exit and in the restroom.
2. We will sanitize high-to-moderate touch surfaces between appointments. This includes door handles, counter and seating surfaces, light switches, etc.
3. We will clean the restroom every 2 hours when the space is in use.
4. All equipment to be used in sessions/classes will be cleaned at the conclusion of sessions/classes.
5. The floor area used for private sessions will be cleaned at the conclusion of the session.
6. We will allow enough time between sessions/classes to properly clean the space in preparation for the next session/class.
7. We will sanitize the floor of the Movement Center at the end of every day.
8. We will maintain a distance of a minimum of 6 feet from other staff and clients/class participants.
9. We will limit the number of people in the Movement Center at any one time to maintain a minimum distance of 6 feet between staff and clients and between clients who are entering and exiting.
10. When group exercise classes resume, we will observe the recommended physical distancing of 8-10 feet between class participants.
11. When group exercise classes resume, we will clean the floor in the class instruction area after each class.

Mike St. Laurence
MVMNTCO

Erin McCabe
Erin McCabe Wellness

Debra Grabill
Foundational Fitness and Pilates

Movement Center Community Requirements

We ask the following of all members of our community:

1. Please do not come to the Movement Center if any of the following conditions apply to you:
2. You have symptoms of COVID-19 including:
 - a. Fever of 100.0 degrees or higher
 - b. Respiratory symptoms such as runny nose, sore throat, cough, or shortness of breath
 - c. Flu-like symptoms such as muscle aches, chills, and severe fatigue
 - d. Changes of sense of taste or smell
3. You have had close contact with someone who is suspected or confirmed to have COVID-19 in the past 14 days.
4. You have traveled in the past 14 days either:
 - a. Internationally (outside the U.S.)
 - b. By cruise ship, or
 - c. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g. bus, train, plane, etc.)
5. Please do not arrive any sooner than 5 minutes before your scheduled session or class. We need to adhere to strict social distancing guidelines. Early arrivals will make the comings-and-goings more difficult.
6. All participants are asked to bring their own towel and water bottle. Water bottle refills are allowable. We cannot provide cups.
7. In keeping with State requirements, when in-studio small group classes resume, participants are asked to bring their own mats.
8. Please arrive wearing a mask and dressed in your exercise clothes. We ask that you not bring unnecessary items into the space, including bags. Please remove all personal belongings when you leave. No mats, shoes, water bottles or other personal items may be left at the Movement Center.
9. Please maintain a distance of at least 6 feet from those leaving the studio. If another person is preparing to leave, please wait outside or to the left just inside the door until they are away from the coat/cubby area. Only one person at a time is allowed in the cubby area. Please have conversations outside.
10. Please sanitize your hands, have your temperature taken and review the health and safety signage when you come in.
11. You may remove your mask and shoes before entering the instructional space.*
***Note:** Participants whose allergies or other health conditions result in upper respiratory symptoms (e.g. sneezing, runny nose, coughing) are asked to wear a mask during their session or class.
12. Please wait until your instructor invites you into the exercise area.
13. Please wear a mask if you need to use the restroom and wash your hands before returning to your session.
14. At the conclusion of your session/class, please assist your instructor with disinfecting all equipment used during your session.
15. Please do not enter the equipment storage area. Your instructor will make your equipment available and will put equipment away when clean and dry.
16. Please gather your belongings and leave the Movement Center at the conclusion of your session. There is an abundance of outdoor seating on the Lebanon Mall now. It's a great place to chat!
17. Please be mindful of those entering the space and maintain a distance of at least 6 feet.
18. Your cooperation is really appreciated! Together we can make the Movement Center a place of positive energy, mutual respect and good health!

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