



## CrossFit Meriden Phase One Reopening Procedures

Effective June 17, 2020 until further notice

Here's how it will work:

1. Reserve your spot in a class. No drop ins. Contact Coach Annie via email at [aofarrill@meridenymca.org](mailto:aofarrill@meridenymca.org) to reserve your spot. You can reserve 24 hours in advance. (See below for the new class schedule)
2. The box will be open for adult classes only in this first phase of our reopening. No open gym time.
3. Arrive 15 minutes before class and wait in the hallway 6 feet apart.
4. Temperatures will be taken and COVID health questions asked.
5. Masks must be worn when you are not exercising.
6. Each member will be given their own bag of chalk. Chalk buckets will not be available.
7. Work out stations will be 12 feet apart. Coaches will set up the stations before class.
8. Nonmembers, kids, spectators and pets are not allowed in the building.
9. Hand sanitizing stations and additional disinfecting wipes and products will be available to use to sanitize before and after your workout.

### **CROSSFIT MERIDEN**

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