

## COVID 19 PROTOCOL

This protocol is in compliance with the latest Dutch governmental measures against COVID 19 published [www.government.nl](http://www.government.nl) and the latest protocol of NL Actief, the Dutch trade association for the fitness industry. This protocol is published on the website of CrossFit Eudokia and members are actively being informed via social media and in person and in writing at the box.

CrossFit Eudokia has taken the following COVID 19 measures:

1. To control the influx of members to the box and activity outside the box, members are asked to come by bike or on foot as much as possible and keep 1,5 meters social distance at all times.
2. Members are only allowed to participate in a workout after signing up via the online registration system of CrossFit Eudokia. Registrations are kept for a least four weeks with due observance of the Dutch law of Personal Data Protection Act (Wet Bescherming Persoonsgegevens).
3. Members are asked to arrive 5 minutes prior to the time frame of the workout and to leave the box immediately after.
4. CrossFit Eudokia limits the number of participants in one workout in accordance with the latest Dutch governmental measures against COVID 19, with in any case a maximum number of people present in the box at one time is 11 (9 members and 2 coaches).
5. CrossFit Eudokia holds a double check policy: The health check\* takes place upon signing up for a workout via the online registration system as well as in person upon entry of the box by the coach.
6. Members are required to disinfect their hands upon entry and exit of the box by means of the devices provided by CrossFit Eudokia.
7. Members are also required to wear a face/ mouth- nose mask when entering the box, during the working and when leaving the box. CrossFit Eudokia offers members the option to purchase a face/mouth- nose mask at the box.
8. Members are required to minimize the amount of gear they bring to the box and to only bring clean gear such as a clean towel. This is in alignment with CrossFit Eudokia's house rules.
9. At all times, members and coaches are required to keep 1,5 meter social distance outside and inside the box as much as possible. Direct physical contact is kept to a minimum and only allowed in cases such as a health measurement.
10. Members are assigned an individual lane for the workout and are required to stay in their lane during a workout as much as possible.
11. Every lane is provided with cleaning products. Members are required to clean used equipment after a workout. Trash cans can only be used for cleaning waste, members must take home their own waste.
12. Additionally, CrossFit Eudokia cleans equipment on a daily basis. Trash cans and points of contact such as door handles and the pin terminal, are cleaned five times per day.
13. Sanitary facilities are accessible according the latest Dutch governmental measures against COVID 19, published on [www.government.nl](http://www.government.nl). Members are asked to keep usage to a minimum. CrossFit Eudokia cleans these facilities several times a day.
14. CrossFit Eudokia has mechanical ventilation. Windows and doors are open during workouts and remain open for some time before and after, for maximum ventilation with fresh air.
15. CrossFit Eudokia's COVID 19 point of contact is Meyken Houppermans. Coaches are recognized by company clothing.
16. CrossFit Eudokia has the right to deny entry or send home a member or terminate a membership at any time if, in its opinion, a member does not comply with the COVID 19 measures sufficiently enough, without the right to refund or compensation in any form.

The Health Check consist of the following questions:

1. Have you had one or more of the following symptoms the past 24 hours:
  - a. Cough
  - b. complaints of cold or nausea
  - c. increase or fever
  - d. trouble breathing
  - e. loss of smell and / or taste
2. Do you have a housemate with these symptoms?
3. Have you had COVID 19 and has it been diagnosed in the past seven days?
4. Do you have a housemate who has had COVID 19 and have you been in contact the past 14 days?
5. Are you in quarantine at this moment?
6. Have you visited a country with code orange or red the past 14 days?

If you answer yes to one or more questions, you are not allowed to sign up and participate in workouts at this time. Please contact your GP or CrossFit Eudokia's staff.