

COVID 19 PROTOCOL, MAY 2021

This protocol is in compliance with the latest Dutch governmental measures against COVID 19 published www.government.nl, the latest protocol of NL Actief, the Dutch trade association for the fitness industry and the guidelines of the several Dutch professional associations for lifestyle coaching and weight counseling. This protocol is published on the website of CrossFit Eudokia and members are actively being informed in person and in writing.

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 10 to 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 health 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.
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 required to wear a facemask upon entry and exit of the box and when leaving their workout lane. During the workout, members can take off their facemask. CrossFit Eudokia offers members the option to purchase a facemask 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 clean clothing, clean indoor shoes and a clean towel. This is in alignment with CrossFit Eudokia's house rules published on the website.
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 spot for the workout and are required to stay on that spot during a workout as much as possible.
11. Trash cans can only be used for cleaning waste, members must take home their own waste.
12. Additionally, CrossFit Eudokia cleans equipment after every workout. 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. Members are asked to keep usage to a minimum. CrossFit Eudokia cleans these facilities several times a day.
14. CrossFit Eudokia has mechanical ventilation and windows are open during workouts. Doors 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. Members are required to notify CrossFit Eudokia immediately if they are infected with COVID-19 and/or someone in their household is infected and/or have been in direct or indirect contact with someone who is infected. In these cases members are required to follow the governmental guidelines regarding testing and quarantine.
17. CrossFit Eudokia has the right to deny entry or send home a member or terminate a membership at any time in case of point 16 above and 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 consists of the following questions:

1. Did you have one or more of the following symptoms the past 24 hours:
 - a. Coughing
 - b. Symptoms of a common cold
 - c. Fever of elevated temperature
 - d. Shortness of breath
 - e. Loss of smell and / or taste
2. Does anyone in your household have symptoms?
3. Have you had COVID-19 and has it been laboratory-confirmed in the past seven days?
4. Have you been in direct or indirect contact with anyone who has symptoms or is tested positive for COVID-19 the past 10 days?
5. Are you or should you go in quarantine at this moment because:
 - a. You had close contact with or someone with a confirmed COVID-19 infection?
 - b. Someone in your household had a confirmed COVID-19 infection?
 - c. You have been in a COVID-19 high risk area?
 - d. You have received a notification from the Coronamelder-app or are informed otherwise

If you answer yes to one or more questions, you are not allowed to sign up and participate in workouts or other services of Crossfit Eudokia at this time. Please contact your GP and CrossFit Eudokia's staff and follow the governmental guidelines regarding testing and quarantine.