

The logo for POWER PLATE CENTER is displayed in white, uppercase, sans-serif font on a black rectangular background. The words "POWER", "PLATE", and "CENTER" are stacked vertically and centered.

POWER PLATE CENTER

COVID-19 PROTOCOL

OPERATING PROCEDURES

We are pleased to finally be opening our doors and sharing the magic of **POWERVIBES** and **BIODENSITY** with you. Your safety and the safety of our staff is very important to us. In order to keep everyone safe we have implemented the following procedures based on the current recommendations.

SMALL CLASS SIZE

Each **POWER PLATE CENTER** is structured for private training classes (female or male only) and small group classes (female only and mixed) with an ideal class capacity of no more than 4 attendees per small group class to focus on the direct instructor to your experience.

SOCIAL DISTANCING

Each Power Plate device has a 3 meter separation (small group training), allowing ample social distancing workspace for each client.

TEMPERATURE CHECKS

We are taking the temperature of every person entering the center, ensuring we are all below the fever threshold of 38°Celsius.

NOTIFICATIONS OF POSITIVE CASES

If we become aware that you have had any direct exposure to a person who has tested positive for COVID we will reach out and notify you directly. Clients are asked to alert the **POWER PLATE CENTER** Manager if they test positive for COVID-19 within 14 days of their last visit.

COVID 19 PROTOCOL

The logo for Power Plate Center, featuring the words "POWER", "PLATE", and "CENTER" stacked vertically in a bold, white, sans-serif font against a black square background.

POWER PLATE CENTER

COVID-19 PROTOCOL

PERSONAL PROTECTIVE EQUIPMENT

All clients are required to wear a mask / face covering at all times while entering and leaving the training rooms. Staff are required to wear a mask / face covering at all times while in the center.

SANITATION STATIONS

Touchless sanitation stations are located at the entrance of each center and near the training rooms. All clients will be required to sanitize their hands upon entering the center. With each Power Plate device workstation will have its own bottle of disinfectant cleaning spray for wiping down all equipment.

SIGNAGE IN THE CENTER

Signs will be posted around the center to help reinforce this information. Please be on the lookout and take note of these signs.

CLEANING APPROACH

The first line of defence is you – please make sure to wipe down all equipment after you use it. The second defence is our professional cleaning staff, who will regularly clean all center equipment after sessions / classes and throughout the day.

BOOKINGS REQUIRED

All clients will be required to book sessions / classes in advance through our website / app. No walk-ins will be allowed at this time. If you are not feeling well the day of your session / class we ask that you notify the center immediately and we will credit your account post providing your positive test results.

COVID 19 PROTOCOL