

FXC Masters Summer 2020 Session #1  
Adherence to State COVID19 Mandates  
\*\*created May 5, 2020\*\*

FXC believes it is possible to safely offer summer classes which will abide by all state mandates. Classes will be capped at 15 people to make it as easy as possible to ensure we can all keep 10ft apart throughout the entire workout.

All participants will be informed before the first class of all social distancing mandates and will need to sign a waiver agreeing to abide by them. Anyone exhibiting any Covid-19 symptoms cannot attend class. While I don't anticipate any reason participants would touch the same surface (other than the ground with the soles of their feet) hand sanitizer will be available at all classes.

For both the interval and strength class we will start with instructions for the day's workout, at this time all participants will need to stand at least 10 ft apart. Warm up will consist of a short jog, in which participants will be responsible for keeping their safe distance from each other. When we gather back together we will do "dynamic stretching" (high knees, butt kicks, skips etc.) we will do these in "waves" and across a large field to ensure there is always enough space between each participant. We will do all interval workouts on wide trails / hills where keeping distance, even while passing someone is possible.

For the strength class we will gather in a big field, and participants will need to bring their own mat. Most exercises will be done on their mat which will be placed at least 10ft away from any other participant (that is not from the same household), making it certain they are abiding by the state mandates at all times. When we do exercises off the mats, (for example) lunges up a hill this would be done as part of a strength "circuit" in which participants would rotate from station to station with only 1 - 2 other people in their "group" making it easy to maintain proper distance.

We the participants and Parent/Guardian acknowledge that Participants will comply with State of Alaska Health Mandate 16, Attachments I and K and that we have read the (FXC, Biathlon, FXC Masters) Covid 19 Safe Social Distancing Guidelines and will promote the safety of everyone in the program by abiding by these guidelines:

Participant \_\_\_\_\_

Parent, Guardian \_\_\_\_\_