



Covid-19 Policies and Procedures

The COVID-19 public health crisis has been unprecedented and has impacted so much of our lives. We will continue to follow guidance from federal, state and local public health and governmental authorities to make sure everyone stays safe and well. The Policies and Procedures will be updated as new guidelines are presented.

Mandatory for everyone

- Must sign a new COVID-19 liability form.
- In any outdoor and indoor common space, face coverings must be worn over nose and mouth
- During physical activity, face coverings must be worn by all participants and trainers.
- Hands must be washed/sanitized prior to working out.
- Strict adherence to CDC distancing guidelines, maintaining 6 feet of distance between individuals.
- Clients/Patients may not be on the gym floor without their physical therapist/trainer present.
- A strict stay at home policy, minimum 10 days, for any client/staff/contractor exhibiting COVID19 symptoms.

(Face mask exceptions can be made for people with medical conditions or disabilities that prevent them from safely wearing a face covering)

Special notes

- Until further notice, the bathroom lockers, showers and toiletries will be unavailable. Toilets will be accessible.
- Please bring your own filled water bottle and towel.
- We ask that you minimize the personal items that you bring on the gym floor, i.e., phones, bags, etc.
- Requested that clients/patients who have traveled via air not attend physical therapy for at least 7 days prior to returning to starting and/or resuming physical therapy
- Strategic scheduling and training zones will be implemented to minimize the number of individuals within the facility and distance between equipment has been spread out.

How we are keeping everyone safe

- Flow Physical Therapy in accordance with Lateral Fitness, will maintain 25% capacity in the gym.
- We will provide convenient CDC approved hand sanitizer (gel and liquid based) and disinfecting supplies for equipment sanitization throughout the facility.
- Throughout the day, staff will clean high-touch areas.
- Evening janitorial services will continue.