



INFECTIOUS DISEASE RESPONSE HANDBOOK

This handbook has been created by compiling data from OSHA, the CDC, as well as (industry/fitness) pandemic cleaning and workplace safety guidelines. This guidance is not a standard or regulation, and it creates no new legal obligations. It contains recommendations as well as descriptions of mandatory safety and health standards in the United States. The recommendations are advisory in nature, informational in content, and are intended to assist West Coast Icons in providing a safe and healthful training center.

NEW OPERATING PARAMETERS

- Any athlete that feels sick or has a sick family member should stay home. There will be absolutely no penalization for missing practices due to fever of the athlete or anyone in the athletes household. Play it safe. Stay home and rest up.
- Each athlete must wear a mask when outside of their vehicles. Ensure it is properly fitted and you're able to work out with the straps. We will take breaks to get fresh air outside.
- Please, refrain from touching your face. If you have an itch or have to remove sweat, try to use your forearm or shirt.
- Only athletes are allowed outside of vehicles at gym location. No siblings, no friends (even if on other teams), no parents.
- Personal hand sanitizer, water bottle, car keys and phones are the only personal items allowed in the facilities. These items must be placed in a small zip lock bag(provided by Icons). All other items need to be left at home or in a vehicle.
- We will utilize separate entrance and exits. Parents, your athletes may be released from an alternate side of the building. Please note where the new entry and exit locations are.
- Bathrooms will be closed. Please use the restroom before you arrive.
- Please bring your own water. There will be absolutely NO sharing of any kind.
- There will be 30 minutes between classes to allow for the gym to be sanitized. ICONS staff will be the only persons permitted during these times.
See page ** for in depth details.

WHEN YOU ARRIVE

- Athletes will line up outside of entrance on marked spaces. Ensuring to follow social distancing guidelines.
- Athlete temperature will be taken with an infrared thermometer (no touch) by a staff member. The Centers for Disease Control and Prevention considers a reading of 100.4 degrees Fahrenheit a fever. While an actual temperature reading is the best diagnostic tool for fevers, the CDC also says it considers a fever to be present when a person feels hot to the touch, has previously reported feeling feverish (possibly with chills), or looks flushed or glassy-eyed. Any athlete or staff with these signs need to immediately leave and monitor their health from their home.
- Before entering the building athlete will need to sanitize hands.

DURING CLASSES

- Athlete needs to refrain from touching anything in the gym. Including, but not limited to: walls, handles, writing utensils, food, others belongings, ect..
- Athletes will remain 6 feet apart at all times.
- Approved belongings in zip lock bag will be stored in specific location and within social distancing guidelines.
- During class, there will be no sharing of mats or equipment without sanitizing prior.
- There will be no spotting or stunting until further notice to adhere to social distancing guidelines.
- Bathrooms are closed and will be EMERGENCY ONLY. In the event of an emergency, bathroom will be sanitized immediately after with the correct EPA-approved disinfectant.

AFTER CLASS

- Athletes will leave through designated exit only.
- Athletes will sanitize on the way out of the building.

Please note the designated exit so you are prepared before pick up.

OTHER IMPORTANT INFORMATION

- Offices are CLOSED to parents. For any questions, concerns, or payments please contact the staff via phone or email.

OSHA & CDC Guidelines

While there is no company rulebook for a pandemic, the Occupational Safety and Health Administration has issued several sets of recommendations for dealing with Covid-19 in recent weeks.

To follow these guidelines, West Coast Icons is doing the following:

Prohibiting athletes and staff from using others' phones, personal belongings, or other equipment;

We will provide staff and athletes with tissues, no-touch trash cans, hand soap, alcohol-based hand rubs with at least 60 percent alcohol, disinfectants, and disposable towels to clean surfaces;

We are replacing face-to-face conversations, internally as well as those with customers, clients, and vendors with phone calls, zoom calls or other forms of communication as much as possible

Staff members are adhering to strict social distancing guidelines in and outside of the facility.

Cleaning & Disinfecting

There is much to learn about the novel coronavirus (SARS-CoV-2) that causes coronavirus disease 2019 (COVID-19). Based on what is currently known about the virus and about similar coronaviruses that cause SARS and MERS, spread from person-to-person happens most frequently among close contacts (within about 6 feet). This type of transmission occurs via respiratory droplets, but disease transmission via infectious aerosols is currently uncertain. Transmission of SARS-CoV-2 to persons from surfaces contaminated with the virus has not been documented. Transmission of coronavirus in general occurs much more commonly through respiratory droplets than through fomites. Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings.

It is unknown how long the air inside a room occupied by someone with confirmed COVID-19 remains potentially infectious. Facilities will need to consider factors such as the size of the room and the ventilation system design (including flowrate [air changes per hour] and location of supply and exhaust vents) when deciding how long to close off rooms or areas used by ill persons before beginning disinfection. Taking measures to improve ventilation in an area or room where someone was ill or suspected to be ill with COVID-19 will help shorten the time it takes respiratory droplets to be removed from the air

This guidance provides recommendations on the cleaning and disinfection of rooms or areas occupied by those with suspected or with confirmed COVID-19. It is aimed at limiting the survival of SARS-CoV-2 in key environments. These recommendations will be updated as additional information becomes available.

Definitions

Community facilities such as schools, daycare centers, and businesses comprise most non-healthcare settings that are visited by the general public outside of a household.

Cleaning refers to the removal of dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs. But by removing the germs, it decreases their number and therefore any risk of spreading infection.

Disinfecting works by using chemicals, for example EPA-registered disinfectants, to kill germs on surfaces. This process does not necessarily clean dirty surfaces or remove germs. But killing germs remaining on a surface after cleaning further reduces any risk of spreading infection.

Cleaning and Disinfection After Persons Suspected/Confirmed to Have COVID-19 Have Been in the Facility

Close off areas visited by the ill persons.

Open outside doors and windows and use ventilating fans to increase air circulation in the area.

Wait 24 hours or as long as practical before beginning cleaning and disinfection.

Cleaning staff should clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment (like tablets, touch screens, keyboards, remote controls) used by the ill persons, focusing especially on frequently touched surfaces.

If it has been more than 7 days since the person with suspected/confirmed COVID-19 visited or used the facility, additional cleaning and disinfection is not necessary per the CDC.

How to Clean and Disinfect

Hard (Non-porous) Surfaces

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection. For disinfection, most common EPA-registered household disinfectants should be effective. A list of products that are EPA-approved for use against the virus that causes COVID-19 is available here. Follow the manufacturer's instructions for all cleaning and disinfection products for concentration, application method and contact time, etc. Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Prepare a bleach solution by mixing:

5 tablespoons (1/3 cup) bleach per gallon of water or

4 teaspoons bleach per quart of water

Soft (Porous) Surfaces

For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:

If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.

Otherwise, use products that are EPA-approved for use against the virus that causes COVID-19 and that are suitable for porous surfaces

Personal Protective Equipment (PPE) and Hand Hygiene

Gloves should be compatible with the disinfectant products being used.

Additional PPE might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.

Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area. Be sure to clean hands after removing gloves.

Cleaning staff should immediately report breaches in PPE such as a tear in gloves or any other potential exposures to their supervisor.

Cleaning staff and others should clean hands often, including immediately after removing gloves and after contact with an ill person, by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water. Follow normal preventive actions while at work and home, including cleaning hands and avoiding touching eyes, nose, or mouth with unwashed hands. Additional key times to clean hands include:

- After blowing one's nose, coughing, or sneezing.
- After using the restroom.
- Before eating or preparing food.
- After contact with animals or pets.
- Before and after providing routine care for another person who needs assistance such as a child.

Staff cleaning between sessions will wear new gloves, a face shield or goggles, and either a face mask or a respirator to thoroughly clean the gym between each session. We have allocated a 30-minute buffer between classes to accommodate this new procedure. The floors, doors, door handles, bathrooms, telephones- any touchpoint- will be cleaned with hospital grade cleaner. Specifically, the mats used as flooring in parts of the gym will be cleaned with sanitizer, and will be done between each session. At no time is anyone besides the pre-approved cleaning crew allowed in the gym during cleaning and drying time