



The time has finally come to welcome back our Spartan Family on Tuesday, June 23rd! We are opening our doors @5:30 a.m. During the past few months we have had the opportunity to reflect on how we can service you better by providing a blend of the results you are looking for paired with our Spartan culture and positive environment to ensure success. Below you will find important policies and procedures we are implementing to be sure we are providing you with the experience you expect from the Spartan culture but while also staying within the strict guidelines outlined by the CDC to allow for the safest training environment possible.

Training

- A. Training sessions will be by appointment only. You and your coach will determine your training sessions and enter those sessions into the schedule in our computer system. Your coach will also check you in upon entry into the facility. Everyone entering the facility must check in – No appointment = No Training! Sessions can be scheduled up to 4-8 weeks in advance with recurring days each week available. NO WALK-IN TRAINING.
- B. Keep physical contact with members limited and follow social distancing guidelines.
- C. Please reach out to Coach Bill Ackerman or to your coach by Saturday, June 20th to schedule your training sessions in anticipation of our reopening on June 23, 2020. Bill@spartansportsmd.com – (410)937-3522.
- D. Please only arrive 5-10 minutes prior to your session to warm up and please leave as quickly as possible after your training is completed. Please do not congregate inside the facility.
- E. Training packages have been revised to provide the best possible training experience in order to achieve the best results. All training will be coach guided. We will no longer use white boards.
- F. All clients and athletes will be assessed and reassessed regularly and we will also discuss goal setting at regular intervals.
- G. All clients and athletes will utilize our brand new App to track data and progress. This amazing new tool will provide and deliver faster and better results.
- H. At your first session back to the facility we will make sure all your information and specific programming is correctly entered in our computer system. You must also have a credit card on file so as to allow for touchless payment. While all clients must now have a credit card on file, you will still have flexibility to pay with other options. Feel free to discuss payment options with Coach Ackerman.

Facility

- A. Upon entering the facility please use our touchless hand sanitizer station located by the front desk and get checked into the computer system.

- B. Garage doors will be open whenever possible. Please enter and exist through those doors when opened to accommodate touchless entry into, and exit from, the facility.
- C. Upon entering the facility, your temperature will be taken via touchless forehead scan. Staff will also have their temperatures taken daily for your safety.
- D. NO extra bags or shoes shall brought into the facility. – You ONLY NEED a water bottle.
- E. Bring water (we will have some extras if you forget your water) – please note the water fountain will be closed.
- F. We will no longer be able to provide towel service – all clients will, however, receive a new gym towel to keep the first day back in the facility. Shower towels will also not be provided. (we will have spare towels for emergencies only)
- G. Showers are closed until further notice.
- H. The sauna is closed until further notice.
- I. No locker use unless you are specifically assigned one and provided with a Spartan lock.
- J. Cardio machines and equipment will be moved within the facility to follow CDC social distancing guidelines.
- K. ABSOULUTELY NO GUESTS permitted in the facility during training – parents must remain outside the facility at all times.

Sanitation

- A. All equipment will be sanitized each day prior to opening and at closing.
- B. All equipment will be wiped down after each and every training session.
- C. Equipment and turf will be sanitized daily with our new fogging cleaning system.
- D. Facility and locker room will be cleaned multiple times a day by our staff.
- E. Hand sanitizer stations will be available at multiple locations throughout the facility.
- F. Please assist staff by also wiping down any equipment used when you complete your session.
- G. Facility will be cleaned and disinfected by a professional cleaning company weekly.