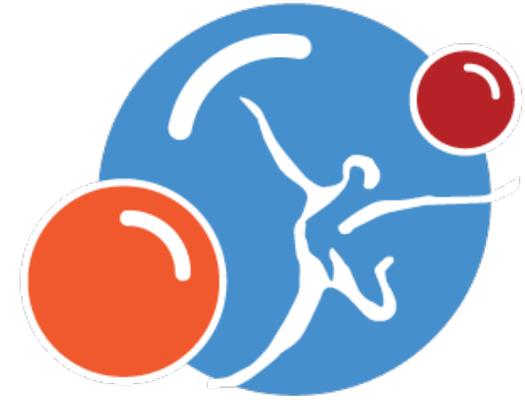


# CLEAN CARE PROTECT CERTIFICATE

brought to you by Fit Bodies, Inc.



**Fit Bodies, Inc.**



**Clean Care Protect**  
by Fit Bodies, Inc.



# CLEAN CARE PROTECT

Every Fit Bodies, Inc. traveling professional and their companions must strictly comply with the basic protective measures against COVID-19 recommended by [WHO](#), such as hand hygiene, physical distancing, avoid touching eyes, nose and mouth, practice respiratory hygiene. Every traveling professional representing Fit Bodies, Inc. is required to read and agree to follow these guidelines set forth in this document.

Fit Bodies, Inc. is providing The Clean Care Protect certificate to enable you to create a healthy, safe environment for the resort guest class attendees, yourself, and your companions.



# Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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# CLEAN

Personal Hygiene

- Agree to all required procedures and protocols set forth by the resort management.
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Do this right before leading the class.
- Bring sanitizing wipes for your own use on door handles, props and surfaces throughout entire travel time including airports, transfers and hotel stay.
- Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Bring a mask with you to class for any emergencies where you might find yourself in close proximity with another individual. This might happen if a participant should fall or become ill during class, or if you would need assistance. Carry extra masks to protect each other.



# CLEAN

Class Participants

- Recommend that every participant clean hands with an alcohol-based hand rub or wash them with soap and water before attending class for their safety and the safety of others. Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
- Recommend that every participant avoid touching eyes, nose, and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.
- Recommend that every participant follow all guidelines described by the hotel and by you such as physical distancing, personal hygiene and class size limits.



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CLASS SITE

- Every space and all equipment and props must be thoroughly cleaned and sanitized before and after class. Minimize sharing props and clean between use. You will need disposable gloves if you are cleaning or disposable wipes can be handed to each participant to clean their own equipment.
- GLOVE use • Outside of gloves are contaminated!
  - If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Glove Removal: Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove • Hold removed glove in gloved hand • Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove • Discard gloves in a waste container



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Be **SUPPORTIVE**  
Be **CAREFUL**  
Be **ALERT**  
Be **KIND**

Be **READY** to fight  
**#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)



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# CARE

## CLASS SIZING, SPACING AND SCHEDULING

- **IMPORTANT!!!** Discuss and plan with your Resort Contact and E Team prior to teaching. Confirm process and enforcement of 6 foot minimum, class number restrictions, change of schedule, class length and all new hotel standards for safety and hygiene before holding the first class.
- Implement limits on occupancy. Minimum physical distance is 6 feet. While the WHO suggests 6ft distancing this should be a minimum in the active setting. During exercise, loud talking, singing and similar activities particulate distribution has been shown to travel further.
- Shorter Sessions: Based on space provided, class sizes need to be capped to provide proper spacing. This will require shorter sessions and more sessions to limit exposure and allow everyone to participate.
- Outdoors and Open-air: Pre-plan with your Resort Contact upon arrival and choose those areas with the greatest air movement and exchange. Open-air ventilation and sunlight significantly reduce the risk of infection. Pay close attention to the heat aspect and consider shady areas if applicable.



CARE

COMMUNICATE

- Be sure to announce all new protocol.
- Ask if anyone is feeling ill and request that they do not participate. Recommend they seek medical attention.
- Refrain from touching and resort to verbal cueing when assisting. No H and H as we say, no hugs and high fives.
- Show participants that you and the resort have taken steps to implement safety guidelines and keep a positive attitude about solving these challenges. Any restrictions in access, programming and distancing are stressful for them too, and they need your leadership and positivity to welcome these changes. **SMILE!**
- Ask what you can do for them. This is most important now when everyone is so conscious of their health. You are the expert and the role model.



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# CARE CONNECT

- Touch base with your Resort contact immediately upon arrival and continue daily to be certain you are following the hotel guidelines for safety, health, and hygiene.
- Arrive early to class and assist with the class set up and site/equipment cleaning.
- The team relies on you to abide by any changes they make to class times, locations, and programming. It is their call and non-negotiable. Be a leader and be in the know as these changes are dictated by the new strict guidelines introduced by the hotel management.

# Protect others from getting sick

When coughing and sneezing  
**cover mouth and nose** with  
flexed elbow or tissue



**Throw tissue into closed bin**  
immediately after use

**Clean hands** with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick



PROTECT



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- Protect yourself, your participants, your companions, and managers by continuing self-hygiene practices throughout your stay.
- Contact management for assistance if you feel a participant is in violation of the guidelines that would potentially impact others.
- Do not teach if you are feeling ill. It is particularly important that you contact your Resort Contact as soon as possible so scheduling can be modified. Seek medical attention and only return to teaching when you are 100% well or not contagious based on medical observation.
- Find a lifeguard, medic, or team member immediately if someone in the class is feeling ill or gets injured.

Be **READY** for #coronavirus

WHO is giving advice on how  
to protect ourselves & others:



Be **SAFE** from coronavirus infection

Be **SMART** & inform yourself about it

Be **KIND** & support one another

Learn more about #COVID19 & share with  
your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)



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# DAILY CLASS PROCEDURES AND TALKING POINTS



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## • YOU

- Thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water before and after class.
- Arrive to class at least 20 minutes before start time.
- Clean and sanitize surfaces and equipment before and after class.
- Space participants at least 6 feet apart and even allow for more space based on the activity.
- Have a mask for yourself and carry extras.
- Refrain from touching others and maintain the 6 feet distance.
- Check in with your contact daily, follow all resort guidelines, and adhere to all schedule changes.
- Cap class size, length and add more classes as directed by the Resort Contact.
- Reach out to your contact if you feel ill and do not teach until you recover or are released by a hotel medical practitioner.

## • Talking Points

- Ask each participant to clean hands with an alcohol-based hand rub or wash them with soap and water before and after class.
- Show participants that you and the resort have taken steps to implement safety guidelines and keep a positive attitude about solving these challenges.
- Enforce resort mandated protocol of minimum 6 feet spacing between each participant throughout the duration of the class and reinforce social distancing before and after with participants other than travel companions.
- Explain that class sizes may be reduced to facilitate physical distancing and that class length may be shortened so more classes can be scheduled.
- Request if anyone feels ill, they not attend and seek immediate medical attention.
- SMILE! Offer advice and ask what you can do for them!