



We couldn't be more excited for our partners across the globe to re-open their doors and welcome their members back into their facilities in the upcoming months. After much time away from each other, group fitness is exactly what your members will be craving to reconnect with their communities and gain the human interaction they have been missing. In an effort to keep that space as safe as possible, the POUND® team has come up with this Protocol – our official recommendations according to CDC and state guidelines.

SOCIAL DISTANCING:

- Greet + encourage from a distance—Tell your classmates to give Ripstix high fives!
- Set up 6 feet apart—Before class begins, set yoga or exercise mats 6 feet apart and place a pair of ripstix on each mat. Start class with having participants extend their arms with Ripstix and complete a 360 degree turn!
- Let the music RULE—Large, non-verbal cues from the instructor are perfect to prevent any unnecessary speaking during class!

SANITIZATION:

- Practice safe stix!—To best clean your Ripstix use sanitizing wipes or sprays! Ripstix can handle heavy duty disinfectants.
- Direct a staff member with gloves on to place Ripstix at each participant's mat prior to class starting to minimize contact.
- Provide hand sanitizer for participants before and after class to encourage cleanliness and peace of mind!

OTHER RECOMMENDATIONS:

- Schedule classes with 30 minutes in between (OR option to schedule 30 only minute classes) to keep your group fitness space well ventilated—opening available windows increases fresh air flow
- Take class outside! POUND® classes around the world take place outdoors year round—more space for a larger capacity.