



As of June, 9th 2020

Outdoor Fitness Update & Personal Training Reopening

Outdoor Fitness-Update

In accordance with an update from the State of Washington found here: [Washington State Phase 2 Fitness & Training Restart COVID-19 Reopen Requirements-Update](#) the Samena Club will now allow participation by high-risk individuals in outdoor fitness classes and personal training.

High-risk individuals have been removed from the list of restricted participants and may now participate in outdoor fitness and personal training, subject to Samena Club terms and conditions. High-risk individuals include people over the age of 65, people with serious underlying medical conditions like chronic lung disease, moderate to severe asthma and people who are immunocompromised. There is no current restriction for these individuals as per state and local guidance referenced above.

Personal Training Reopening

In accordance with the guidance as found in the [King County Safe Start Variance Application](#), and [Washington State Phase 2 Fitness & Training Restart COVID-19 Reopen Requirements-Update](#) the Samena Club will resume personal training sessions for individual one-on-one client sessions only. Our hours will be modified during this initial phase, Monday-Friday 6:30am-6:30pm and Saturday & Sunday 9am-5pm. Samena will utilize on-line, our App and phone-in reservation systems to make reservations to limit interactions. Transactions at this time will be limited to credit card only to eliminate the handling of cash.

Safety is our top priority as we begin our staged re-opening. To ensure the health of our members and team, we have created a new schedule with limited capacities to ensure social distancing requirements and provide time to clean and sanitize between activities/sessions. As part of the Club's ongoing safety plan, things will look a little different. All members will be asked to complete a health screening upon entering the facility, to wear a mask/face-covering while in the building, and to adhere to social distancing. In addition to our online reservation/registration process we have instituted contactless check in, enhanced cleaning procedures, and clear designations for social distancing. We are beyond excited to begin to welcome you back to the Club.

Personal Training

1. During the modified Phase 1 of the Safe Start Reopening plan, personal training will be one-on-one only.
2. Personal trainers will wear a mask and gloves at all times. Clients are encouraged to do so as well.
3. A safety briefing must be conducted at the beginning of each personal training session to reemphasize the protective measures for everyone to include maintaining social distancing, sanitation protocols, and pre-session screening.
4. Pre-session screening: Each client will read and agree to the pre-session screening as found at the front entrance to the club.
5. Each client will sign a waiver of consent and commitment to the facility's reopening policies prior to their scheduled appointment time.
6. Clients will be informed to wear training attire to the facility and to bring their own water bottle and hand towel. Water bottle refilling stations will be available, but no drinking fountains or towel service will be provided.
7. Clients will be required to wash their hands or use the facility provided hand sanitizer prior to their entering the training floor. This will be confirmed by the personal trainer.
8. Equipment will be sanitized immediately after each use. Sanitation spray or wipes will be dispersed throughout the training floor.
9. Social distancing guidelines of at least six feet of separation must be maintained at all times to the greatest extent possible.
10. Clients are asked to leave the facility immediately after their session to eliminate congestion/gathering.

[Click here for online reservation/registration instructions.](#)

Download the Samena App

[iOS](#)

[Android](#)

Other procedures to be aware of

1. No in-facility childcare services will be available.
2. The following areas will be closed: Showers, saunas, and steam rooms. Locker room use will be limited use for handwashing and restrooms only or avoided if possible.
3. Masks are highly encouraged while not exercising and when you will not be able to maintain 6 ft social distance.
4. Reservations are not allowed if a participant has been diagnosed with COVID-19 and is still within the required 14-day quarantine period, have symptoms of COVID-19, or had contact with a person that has or is suspected to have COVID-19 within the last 14 days.
5. During this phase we are only open to members there will be no guest passes sold/redeemed.