



At ACE, you and your clients' health and safety are our top priority.

Here you will find key recommendations from public health experts at the CDC and WHO on how to protect yourself, and your clients, when it becomes safe to return to in-person services.



Wash your hands frequently

Wash your hands before and after each client session to help prevent the spread of germs. Encourage clients to do the same. You should wash your hands with soap and water for at least 20 seconds after you have been in a public place or have coughed, sneezed or blown your nose. Consider using hand sanitizer with at least 60% alcohol during workouts as well.



Avoid touching your eyes, nose and mouth

While working with clients and groups, make sure you and your client keep hands free of your faces. Hands can transfer COVID-19 from surfaces to your eyes, nose or mouth. From there, it can enter your body and make you sick.

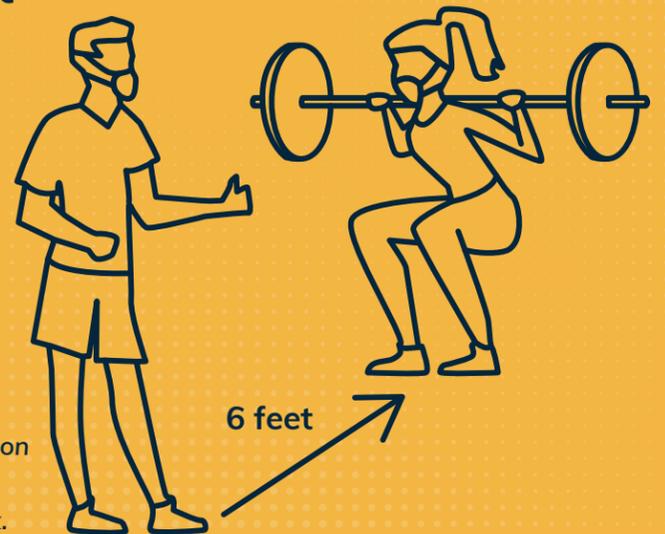


Wear a face covering during client sessions and while in public

Wearing a face cover protects those around you including your clients, by trapping respiratory droplets. Because cloth face coverings may affect your clients' breathing comfort, adjust the exercise program as needed to suit your clients perceived exertion. And remember, wearing a mask doesn't mean freedom to forego social-distancing recommendations. What's safest is both strategies together.

Avoid close contact

Maintain recommended distance between you and your client and between others in proximity. Use verbal or demonstrative cues to help the client adjust their exercise movements. For group sessions, ensure the space has enough room for participants to be 6 feet or more apart throughout the workout. Keeping proper distance (at least 6 feet between you and other people) decreases the likelihood of transmission of respiratory droplets and keeps everyone at lower risk for getting sick.



Clean and disinfect

Cleaning all exercise equipment thoroughly after each use in addition to any frequently touched surfaces minimizes transmission risk. Avoid sharing equipment between clients until it can be properly cleaned. You can help clients feel more at ease by communicating any new equipment cleaning routines that you and your team are implementing to keep clients safe. Frequently touched surfaces like doorknobs, light switches and countertops should be cleaned with soap and water and disinfected regularly.

Cover coughs and sneezes

During sessions, have tissues, trash cans and hand sanitizer on hand for yourself and clients. Always cover your mouth and nose with a tissue (if not wearing a face cover) or use the inside of your elbow when you cough or sneeze. Make sure used tissues promptly end up in the trash and wash your hands afterward.



Stay home if feeling unwell

If you, or any of your family members are sick or have been sick, you should stay home and refrain from working, even if you feel pressure to work or need the income. You should encourage your clients to avoid exercise in public if they or their families are sick or have been sick. COVID-19 has a wide range of symptoms. Most common are a dry cough and shortness of breath. Other symptoms include fever, headache, sore throat, muscle pain, repeated shaking with chills and a recent loss of smell or taste.