



OAKLAND FIGHT CAMP

COVID-19 SAFETY GUIDELINES

Oakland Fight Camp Members,

We are happy to announce that we are opening the gym and resuming a limited class schedule, as well as limited operating hours. Due to the COVID-19 pandemic, we here at Oakland fight camp are implementing strict guidelines for all members and employees that will help keep everyone safe during this time. Oakland Fight Camp has always maintained a high level of sanitation during operation hours. We will continue our standard of having disinfectant hand gel for employees and member use. As well as disinfectant wipes/spray to clean all equipment that is being used during operating hours. The new guidelines will consist of limited occupant rates per class, per gym use hours, attire, and equipment. The following guideline will be implemented starting June 2020.

Self Screening

Please to all gym patrons, if you are sick or feeling sick or have symptoms of possibly getting sick, do not come to the gym to support the health of all OFC Members. This is the best way to fight against spreading COVID-19 to the community. The most important thing to remember during these times is that there are people that have pre-existing conditions and/or have a weakened immune system. We should not put these people at risk, even if you have never had cCOVID-19. It still can be spread if you are asymptomatic. So please stay safe, let's all do your best to protect yourself and your family from any type of infection.

Mask's & Temperature

After careful consideration, Oakland Fight Camp will not require gym patrons to wear a mask in the gym. If you feel comfortable wearing a mask you can, but they are not required. Just remember with high cardio training, it might feel restrictive of air flow or hard to get fresh air for recovery. Take as many breaks as needed during your work out while wearing your mask. If you feel light headed or dizzy while training while wearing your mask, please take a break. Feel free to take your mask off and get fresh air, before resuming your work out. However we will be taking temperature with a non-contact

thermometer. If you have a fever of any kind or over one-degree Fahrenheit of a normal human body temperature, you will not be able to train at the gym that day.

Sanitation

All members and employees must make sure they disinfect all equipment that has been used. Disinfectant wipe/spray will be left in convenient areas of common and frequently used equipment. This will make it easy for anyone to clean equipment as soon as a member is finished using it. We are a small gym, and Oakland Fight Camp treats all members like a family. Let us all do our part to keep our gym family safe and germ free. Not only for ourselves but for the loved ones at home. If you notice that we are running low on any sanitation equipment or any training equipment needs to be replaced. Please mention it to a staff member, so that we may restock any item needed immediately.

Occupancy Rate

Classes and general gym use will be separated by time schedule, they will no longer operate simultaneously

All classes and gym use must be scheduled for that block of time from now on until further notice. Last minute drop-ins will no longer be allowed. Your training time must be scheduled in order for you to be allowed to use the gym facility.

All blocks of gym time will be restricted to a limited number of occupants. This will be managed by our online scheduler. Once a participant creates a log in, that individual may now schedule their training time, as long as that hour is not fully booked. If a block of time is fully booked, meaning the maximum number of occupants has been reached for that time. You will not be allotted to schedule at that time and must find another open time slot. Trainers managing the floor will have a list of all participants scheduled per hour and will enforce our guidelines. You must have booked your time to be able to train in the gym NO exception, no drop-ins. IF YOUR NOT SCHEDULED, YOU'RE NOT TRAINING!

Classes will be restricted to a max of 10 people per class.

Regular Gym Use will be restricted to 12 people per hour.

Equipment Rental

At this time, Oakland Fight Camp is not renting equipment. For our safety and yours. We do clean our rental gloves with Clorox disinfectant wipes, however due to the shortage in disinfectant wipes/spray. Oakland Fight Camp feels it is better to suspend rental of gloves and head gear. Oakland Fight Camp does sell gloves (\$25) Hand wraps (\$10) mouth pieces (\$2.50) and all sparring equipment if needed. It is better and safer for you to have all your own equipment. We also do not recommend that you lend your

equipment to anyone for any reason if you really want to stay bacteria free. The cost of buying your own equipment will be far less over time than possibly getting infected with a bacteria or disease that could make you sick.

THANK YOU!

We here at Oakland Fight camp would like to thank you for your continued support during this time. We need your help by signing up or anyone for memberships, leaving a yelp review or sharing anyone of our social media pages. We also have Oakland Fight Camp shirts for sale. Help support Local Oakland business. We have been serving the Lake Merritt community for 6 years. Oakland Fight Camp has become a go to gym for people of all walks of life here in our local community. We have had, and have people/fighters from all over the world training in our gym. From the Bay Area to Mongolia to Namibia, all over the state and South America. From regular people here for fitness classes, to amateur, professional, world champions and current Olympic hopefuls on Team USA. Oakland Fight Camp can literally provide fitness and performance training for anyone in the world. Our roots stem from the deep boxing history of Oakland that reach as far back as the first boxing training camps In Alameda, CA in the 1890s. Made and founded here in Oakland California to serve our community through hope and change, to make a healthier human being through hard work and love.