



COVID-19 Best Practices

The Colorado Department of Public Health and Environment (CDPHE) defines close contact as being within 6 feet for at least 10 minutes. The BTL Trainer-Client interaction during a training session does not meet this definition of close contact. BTL is considered a personal training service with fewer than 4 people for regulatory purposes.

BTL's Actions:

- Boulder County Public Health, CDPHE, and Governor of Colorado's public health executive orders will be observed in that order of most restrictive priority.
- BTL offers sessions by appointment only.
- Time is scheduled between clients for disinfection and ventilation purposes.
- The Trainer will wear a face covering as required by government regulations.
- BTL will maintain a client service log to enable contact tracing if necessary.
- Touched surfaces including the sensors will be disinfected after each session.
- A minimum of 6 feet of separation will be observed whenever possible.
- Airflow and ventilation near the session chair will be increased as much as possible.
- An air purifier will be used in the session area.
- **BTL may cancel sessions with a minimum 2 hour notice prior to your appointment if the Trainer personally exhibits the following symptoms:** a temperature of 100.4 or greater, chills, sore throat, congestion, runny nose, dry or productive cough, excessive muscle or body aches, new loss of taste or smell, nausea, vomiting, diarrhea, other feelings of general unwellness.
- Contactless payment for service will be a priority. Credit card information will be kept securely on file with client permission.

Client Actions:

- **Cancel your appointment ASAP if you feel unwell or are experiencing any of the following symptoms:**
 1. Temperature of 100.4 or greater
 2. Chills
 3. Sore throat, congestion, or runny nose
 4. Dry or productive cough unrelated to known allergies
 5. Shortness of breath or difficulty breathing
 6. Excessive muscle or body aches
 7. New loss of taste or smell
 8. Nausea, vomiting, or diarrhea
- Reschedule your appointment if you have had known exposure to someone confirmed with COVID-19 within 14 days of your appointment or are awaiting COVID-19 test results for yourself or a housemate.
- A face covering will be worn as required by government regulations. Please bring your own whenever possible.

Sources & References

Boulder County Public Health: <https://www.bouldercounty.org/families/disease/covid-19-information/>

Colorado Department of Public Health & Environment: <https://www.colorado.gov/cdphe>

Centers for Disease Control and Prevention: <https://www.cdc.gov/>