



Fountain Square Shopping Center

www.CSCRVARVA.com

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Guidelines for Safe Training

As always, we ask that you be responsible with your decision to participate in group exercise regarding your own health and the safety of others. Do not come to the gym or participate in any workouts if you currently have any symptoms, had any symptoms within the past 14 days, or if you have had contact with anyone who has had any symptoms within the past 14 days.

For the month of June, we will be offering two training options. Both workouts require a waiver to be completed online before training.

Outdoor Workouts

The outdoor workouts which we have been doing during Phase 1, can accommodate up to 50 participants with 6 feet distancing between each other. We will be adding to the calisthenics, shadowboxing, cue-and-response drills, and feeding sticks. For the outdoor workouts, you need to come dressed to train and bring your boxing gloves and a water bottle. Now that the weather is getting hotter, a towel to dry yourself off is also recommended. Please follow our Facebook page for changes or cancellations due to weather.

Indoor Workouts

We are also now having indoor workouts which will be 30 minute sessions that you need to sign up for online in advance because our capacity is limited. We are restricted to 30% of our legal capacity including participants, coaches and administration. We also must maintain 10 feet distancing of each other. Please arrive at the gym five minutes before class and please wait outside to be directed to enter. You need to come dressed for class since the dressing rooms will be closed.

The only gear you need to bring should be: boxing shoes if you're a boxer, hand wraps, boxing gloves, towel and water. Do not bring other gear or your large gear bag. A small bag for gloves, shoes and hand wraps will be allowed. When instructed, enter the workout floor, take your outdoor workout shoes and anything else you have brought with you to the back of the gym and put them on the tarp by the garage door. There will be workout stations set up 10 feet apart and you will be directed through a 30 minute workout. After the workout, you must disinfect your area with the cleaning supplies provided, then go to the back, get your gear and exit through the back door. If you remove your handwraps, please do that outside or put them in your small bag without letting them touch the gym floor or any equipment. A hand washing station will be available in the back. Outside you will be set up with a running schedule (for beginner, intermediate, or advanced), jump ropes will be available, and instructions for additional calisthenics will be posted. You may use these to complete your workout. Jump ropes will be disinfected between each use.

We thank you for your continued cooperation and support as we work to keep you safe and fit during these difficult times. Diligently following the safety precautions helps make training more accessible and hopefully move us toward the next phase of reopening sooner.