

The Orangetheory Way of Infection Prevention and Control



ACH of two to three times above the industry standard

In accordance with the Building Standards Law, all our studios are designed to have ACH of two to three times above the requirement set by FIA which is 3 air changes per hour.

*Ventilation capability varies by studios.



Installation of disinfectant

All equipment is cleaned before and after every use using disinfecting wipes which are installed in the studio. Disinfectant cleaners are also placed in the lobby, inside the locker room, and in the workout area entrance.



Allowing sufficient time between classes

In order to avoid close contact among members and enable staff to clean and disinfect the studio properly, we ensure that sufficient time is set between classes.



Reduced class capacity

Our studios are open with a reduced class capacity to maintain social distancing during classes. Members are also led by coaches to proceed into training areas before class begins to minimize congestion in lobby spaces.



Other measures

Installation of extra trash receptacles.
Maintaining space between lockers by using every other locker.
No eating in the studio.



Monitoring staff health and movement

All staff undergo temperature and health checks at the start of work, and frequent hand washing and use of hand sanitizer are required. We also monitor the movement history of coaches who work at several studios.



Staff PPE

Staff are required to wear face masks and face shields while in the studio to avoid droplet transmission.
Coaches will wear disposable gloves while coaching.

Please help us
keep everyone safe.

BACK **TO** BASE

We ask for your cooperation

Please refrain from coming to classes if you have any of the following symptoms:

- ◆ Mild cold symptoms such as a lingering cough or a sneeze
- ◆ Having fever for the past 48 hours
- ◆ Severe fatigue or dyspnea
- ◆ Cough, phlegm, chest discomfort
- ◆ Feeling strange about sense of smell or taste
- ◆ Being in close contact with people having tested positive for COVID-19
- ◆ Family members experiencing any of the above symptoms
- ◆ Arriving from regions in the entry ban list prepared by the government in the past two weeks or in close contact with people who fall into that definition

Temperature check, health check, disinfection

People who have a temperature above 37.5C are unable to use the studio. Please allow us to check your temperature using non-contact thermometer. We ask members to write down the detail on a health check form.

Face masks

We ask everyone to wear a face mask at all the times including during the class and in the locker room. Please refrain from talking while taking off face masks at all locations.

Reducing the length of stay

Please enter the studio no earlier than 10 minutes prior to the class and leave no later than 20 minutes after the class in order to minimize congestion and ensure sufficient time for cleaning and disinfecting. There is also one class per day limit. No eating is allowed in the studio.

Social Distancing

Please do not stay in lobby spaces. Our coaches will lead you to workout area to wait at a social distance before class begins.

Cleaning and disinfecting of used equipment/area

Please clean and disinfect equipment/areas used with sanitizing wipes, disinfectant, and paper towels before and after use.

**Please help us
keep everyone safe.**

BACK TO BASE