

Inside Class Coaching SOP

It is the Blueprint Fitness Coach's responsibility to ensure a safe environment for class, coach class to the best of their abilities, and maintaining the class flow/timeline. Attention to detail is a must and here's how Blueprint Coaches will maintain gold standards.

Before Class

1. If the coach isn't sanitizing workout stations, he/she will assist athletes during the self check-in process (hand sanitation, temperature check, cleaning towel distribution, and workout station direction).

Between Class

1. Coach ensures that each individual station has been sanitized appropriately. While it is the athletes responsibility to physically clean used equipment, it is the coach's responsibility to 1) double check this was completed and 2) sanitize the floor space used.

During Class

1. Coach starts class on time.
2. Coach starts class by asking everyone:
 - a. Did you sanitize your hands and check your temperature prior to class?
 - b. Was everyone's temperature under 100 degrees?
 - c. Did everyone sign-in to class using their Wodify app?
3. Coach completes the workout explanation in the middle of the space using the small white board.
4. Coach completes each section of class with proper coaching following the class timeline and maintaining safety protocols.
5. Coach ends class on-time to ensure transition & sanitation time between class.
6. Coach reminds athletes what equipment to sanitize.
7. Coach directs athletes out of the space before the next class enters.