

KEEPING US SAFE, AT SPARK

Below are some sections highlighting how we're keeping everyone safe - from precautions made before you enter, to how to set yourself up, to how our riders can help.

In addition to the specific instructions below: we ask that from upon entering, and to the time you leave the studio: you respect the 2m social distancing requirements, as well as all rules issued by the Federal Office of Public Health. The studio's been reorganized to accommodate these requirements, including floor signage indicating safe distances.



Cleaning Protocols

Boosted cleaning efforts: On top of our regular in-studio hygiene practices — including in-between-class bike and surface disinfecting — we'll add more frequent deep cleans, in line with Covid-19 recommendations, specifically.

Hand sanitizers: We'll make hand sanitizers available throughout the studio - and provide extra disinfecting wipes - if you'd like to personally clean your bike, before riding.

High-touch surface disinfection: We'll disinfect all high-touch surfaces throughout the studio, after classes - on everything from doorknobs to the podium.

Shoe disinfection: We'll disinfect both the interior and exterior of shoes after each ride, and rotate them, so they're not worn two classes in a row. We encourage you to bring your own. And, if you plan to buy a pair: drop us a note, and we'll help point you to the appropriate pair.

No-touch policy: Our staff will add an extra step of safety, by wearing gloves to prevent hand-to-hand contact.



Checking in

Keep it simple: To minimize contact time in the studio: come ready to work out, and limit studio time after class.

Hands-free check-in: Just let reception know when you arrive, and they'll check you right in.

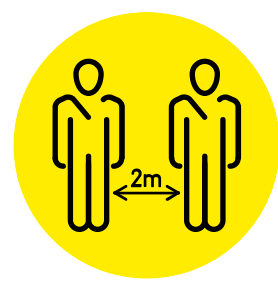
Limited studio hours: To minimize the number of people inside the studio at once, we'll now open 15 minutes prior to class. Please look for the floor markers, outside, and wait in line, accordingly. You'll be called in, as soon as a spot is available, and as other riders, leave.

Shoes and hand towels: As an additional safety precaution: our staff will now be distributing the shoes and towels. You're also welcome to bring your own, if you prefer.

Use of lockers: With distancing limitations: we strongly recommend that you arrive dressed for class. However, some lockers will be made available - just look for the yellow smiley. We'll be limiting the number of riders in the changing room, and disinfecting lockers after each class. We request you bring a minimal amount of items with you.

Water fountain restrictions: As an additional safety effort: we encourage you to bring your own water bottle, or purchase one in the studio - and reserve the fountain for emergencies. Only credit card payments will be accepted.

No late entries: Riders must arrive by five minutes before class starts, in order to ensure safe social distancing and sufficient time for setting up the bike.



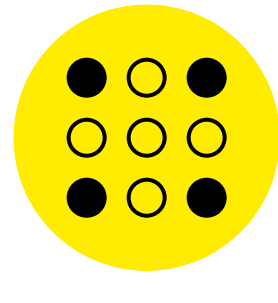
Before riding

Assigned waiting spots: After check-in, please go to your designated waiting spot on the floor, positioned in front and rear of the riding room entrances. The coach will guide you in, when ready.

Form a line: Please stay in a formed line, stay to the right and observe social distancing, when entering and exiting the room.

Bike positioning: We have set-up the bikes at safe distances, to keep yourself and other riders, safe. Please be sure to use your assigned bike, and not alter placement.

Bike set up: If you need assistance, the coach will demonstrate set-up on the podium bike.



During your ride

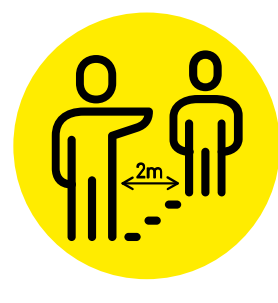
Stay in place: We will not be using weights during class, and will stretch on our bikes. Please help us stay safe, and stay on your bike, during class.

After your ride

Class exit: The coach will open the doors when class is over. Please follow their guidance - leaving with your assigned group, one person at a time.

Limited shower availability: Due to safety restrictions: please note that we can only offer limited availability to showers, until further notice.

Unlocking lockers: If you forget the combination of your locker, please wait until there are no riders at the front desk, and ask a staff member to help you.



Rider responsibility

In addition to respecting the safety guidelines from the authorities - specifically from the FHOP - we're asking all of our riding community to do their part, and help us keep each other safe.

Social distancing: Please make sure to practice safe social distancing when in close, shared spaces.

Person-to-person contact: Please avoid personal contact, including: high fives, hugs, etc.

Clean hands: Please clean hands, thoroughly - before and after class - and avoid touching your eyes, nose and mouth.

Coughs and sneezes: In the event you need to cough or sneeze: please do so into your elbow, or a tissue. (Be sure and throw the tissue into a trash bin.)

COVID-19 symptoms: If you have a cough, fever, or any known COVID-19 symptoms: we ask that you please stay home: to keep yourself and others, safe.

Positive test results: If you have tested positive for COVID-19, or have knowingly come into contact with someone who has: we ask that you do not come to the studio, until you test negative.

High risk: If you're part of a high risk group - as defined in the FHOP guidelines - please do not visit the studio, until the authority's guidelines are relaxed. This applies to people 65 years and older, and those with pre-existing conditions such as: cancer, diabetes, immune weakness due to disease or treatment, arterial hypertension, cardiovascular disorders and chronic respiratory diseases.

Traceability: In order to facilitate traceability, we'll need all riders to agree to a standard disclaimer at booking - confirming permission for the studio to potentially contact you, in the context of pandemic containment.

