



At Powered to Move we are committed to the health and well-being of those we serve and serve with in our programs - Adapted Fitness, Wingman and Handcycle programs. We are equally committed to serving the needs of the disability community. Now more than ever we are dedicated to maintaining high standards of cleanliness and safety.

Powered to Move follows the safety measures recommended by the Centers for Disease Control (CDC):

1. Programs are operated with appropriate social distancing of a minimum of 6ft.
2. No equipment will be used in our Adapted Fitness program until further notice.
3. No high intensity workouts will be performed in our Adapted Fitness program until further notice.
4. Handcycles will be cleaned before and after use.
5. Masks must be worn while preparing for a workout or ride.
6. Masks are not required during a workout, but a distance of at least 6 ft must be maintained in our Adapted Fitness program.
7. Masks are not required during a handcycle ride, but a distance of at least 10 ft must be maintained during the ride.
8. Powered to Move cannot provide physical assistance in any of our programs. Including physical cueing during a workout or transfer help from wheelchair to handcycle during a ride.
9. Temperatures will be taken at the beginning of any program. Temperatures over 99.9 will not be allowed to participate.
10. Each participant will be asked the following questions:
  - a. In the past 24 hours have you had any unexplained symptoms - chills, temp over 99.9 degrees, cough, sore throat, diarrhea, loss of taste, headaches, muscle aches, shortness of breath?
  - b. In the past 10 days have you been tested for Covid 19?
  - c. In the past 14 days have you or someone in your household been in contact with someone being tested for Covid 19?