



Covid-19 Protocol

Your safety and that of our instructors is of paramount importance, and how we plan to operate under the current government regulations and the measures we are putting in place are all about going above and beyond to keep our City Alps family as safe as possible.

Here are the changes and measures you can expect:

Heightened Deep-Cleaning Process

New, top-grade disinfectant

We've upgraded to an 70% **isopropyl alcohol** disinfectant. We will use this on every surface of the studio, with special attention to bike handles, weights, and all high-touch surfaces. After every class, we'll disinfect all used bike handles, bike knobs, and equipment and will clean/disinfect the sinks, door knobs and sinks a few times a day.

Before Your Class

Book your spot

Please reserve your spot via the [virtuagym app](#) / our website. We are limiting our classes to 15 City Alpers / class to start. All bikes and mats will be spaced 2 meters apart.

Don't be an early bird

Please arrive no more than 15 minutes before class. A Salomon tent will be placed outside the studio, with marked seating. Please feel free to wait there until the host or instructor invites you in. Please always keep 1.5m distance if you are standing.

Hand sanitiser

Hand sanitisers will be placed on the bar top at the entrance and next to every tap and door in the studio. Please use this before heading to a bike.

Change rooms drop off and fill from the front

Please arrive at the studio in your work out gear, the changeroom is only available to drop off your bags (if need be). After dropping you stuff, head to a bike, filling up from the front to the back.

Clipping in

Most City Alpers are aware of how to set up on the bike. For any new riders, please have a look [here](#) . We would like to avoid instructors having to set up your bike for you.

Towel and water bottle

A towel is compulsory! No towel, no train. We recommend one sweat towel and one bigger towel to lie on the mat with. Please bring your own full water bottle. You can fill these up at our taps/sinks.

During your Class

Feel free to use the bathrooms.

We have installed a brand new ventilation system and 2500 cubic m of O2 will be pumped through the studio every hour during the class. You can still expect to sweat but the air is constantly being refreshed.

After You Ride

Spray away!

Please clean your bikes using the individual bottles provided for each bike station. Spray the liquid onto the cloth provided and wipe down the entire bike and mat.

Emptying from the back

The studio will be emptied from the back. We would love you to catch up with City Alpers, but please do so outside. You will also need to be out of the studio 5 minutes before the next class begins.

Your Responsibility:

Keeping each other safe.

The way our new safety process will be most effective, is if we all make sure to do our part. Aside from respecting the guidelines put in place by our government at all times, we really need our City Alper to go above and beyond to look out for each other.

If you have a cold, sore throat, runny nose, cough or fever, please stay at home and get better. If you have felt unwell in the past 72 hours, please stay at home and continue with Zoom classes for a bit. We will welcome you back on a bike when you're healthy and feel comfortable coming in to train.

It is going to be a bit overwhelming at first. Our adventure-inspired community is pretty much the opposite of social distancing. But trust us: as soon as the music starts, you'll find yourself in that familiar place you know and love with your people and, in time, if we all do our part hopefully, we can all be hanging out around the gezellig coffee corner.

Moving forward, we're continuing to monitor the situation and will adjust as and where needed. In the event that there is a reported case of COVID-19 in your studio, we'll immediately notify you and close the studio for a deep clean.