

A message to all those interested in training at Salt Shack:

Great news everyone!

The state of Massachusetts has finally recognized that outdoor, open air training is not the same as working out inside. New guidelines were just recently released on ma.gov and they allow Salt Shack to re-open for outdoor training at our facility in Hanover. We are fortunate that we can adhere to the guidelines and safely run a class.

Our staff puts your safety first and foremost and that is why we have prepared our outdoor area with 15'x15' workout areas for each class member. We have guidelines and protocols listed on our website here <https://www.saltshackcrossfit.com/new-blog>

We have already started adult classes and they went very well. We are ready offering our kids and teens program this summer.

The Program is designed to improve your child's level of fitness, increase self-confidence, and build solid foundations. Our functional training methods prepare young athletes for all sports.

Cardiovascular/respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, Accuracy are the general physical skills we are looking to develop as young athletes and the transition into teen years.

We pride ourselves on developing sound movement patterns through diligently working with each individual class member.

Sessions will be 4 weeks long, 2 classes/wk (Mon-Thurs). Class Times will be from 3:30-4:30pm while school remains in session and move to a morning class time when school is out.

Pre-registration begins now. There is no money due now, we are just trying to determine the level of interest. Please go to our Contact form here -> <https://www.saltshackcrossfit.com/contact> and tell us in a brief message the number and ages of the youths you are considering enrolling in the program.

Cost will average out to be no more than \$15/class. Once we gauge the level of interest we will provide further details and payment options.

A couple of basic points about our operations as many of you are certainly wondering.....

-Face Coverings and Masks: We comply with *COVID-19 Order 31: Order Requiring Face Coverings in Public Places Where Social Distancing is Not Possible*. The order requires any person over the age of 2, whether indoors or outdoors, to wear a face covering or mask when they cannot maintain 6 feet of distance between themselves and others, unless they have a medical condition preventing them from doing so. We will be able to maintain social distancing so masks WILL NOT be required during class.

-Group Size: No groups larger than 10 (including instructor) are allowed.

-Everyone will sanitize hands before and after training, not share equipment, and clean and wipe down equipment before and after use.

-Trash disposal and restrooms facilities will be available for use. Everyone will clean up after themselves in addition to the cleaning that the staff will be doing daily.

I am available to answer any question or concerns you may have. I can be reached by email or phone.

Thank you!

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