

Foundation Mobile Bike Fitting Protocol During COVID-19 Outbreak

This protocol is for your health and safety as well as everyone at Foundation. If you choose to not follow these requirements, please let Wei know and your appointment will be cancelled. There will be no exceptions. If you have any questions at all please get in contact. You can contact Wei at info@foundation.fit or call [07891063994](tel:07891063994)

- Please ensure that you have an appropriate space in your home / location to conduct the bike fit. The space should allow us to place your bike on a static trainer and for Wei to be able to stand 2 meters to view you pedalling. You will be assessed from all angles so an ideal space would allow Wei to walk all the way around the bike. We understand space is tight in London so we will work with what space you have, but the larger the space the safer the process will be. Outdoor areas are ideal for fitting e.g. gardens, balconies. Please ensure the passageway to the fit area is accessible. Disinfect any areas of potential contact.
- Both the fit client and Wei will wear a face covering / mask for the duration of the fitting. If you have a health problem that prevents you from wearing a mask, please contact Wei to discuss accommodations. Please refer to this article for some useful information on face coverings: <https://www.telegraph.co.uk/health-fitness/body/face-masks-uk-public-transport-covering/>
- Your bike and shoes will be disinfected at the beginning of your appointment. If you bring any other equipment (saddles, stems, etc.), they will also be disinfected.
- If you need new shoes, please purchase them prior to your fit appointment.
- Please do not bring a visibly dirty **bike** or **cleats** to your fit, as this will prolong the cleaning process. This means no mud or debris on your bike and no dirt in your cleats and shoes.
- All surfaces and tools in the fit area will be disinfected after each fit.
- To reduce the chances of transmission, no other people e.g. housemates / family members should come into the fit area for the duration of the fit, unless it is unavoidable due to the layout of the building. Please consult all other peoples in your home / fit location before committing to the fit.
- The fit client will use hand sanitizer to clean their hands prior to beginning the fit. Wei will wear gloves for the duration of the fit
- If you or any member of your household currently has COVID-19 or you have been instructed to self-quarantine by a doctor or public health official, your appointment must be rescheduled.
- Fit clients who have respiratory symptoms (coughing, sneezing, shortness of breath) will have their fits rescheduled. There is no way for Wei to differentiate between allergies, a cold, the flu, or COVID-19. If you have the above symptoms, please get in contact to reschedule.
- The interview portion of the fit will be done with seating set up at least 6 feet apart. Any off bike functional testing will be done with as much social distancing as possible. Some portions of the exam require direct contact.
- The on-the-bike portion of the fit will be done with as much social distancing as possible, but may require direct contact.

Thank you for your understanding and patience during this difficult time.