

Hello Everyone,

This has been an unprecedented time in our worlds' history. Every single nation on the planet has been hit hard by this horrible, invisible threat. Covid-19 has seen to drive an immovable wedge between us and our families, us and our communities, and us and our world. Everything is going to be "different" for quite some time. This Friday, June 26th, our county, and finally the rest of our state is able to enter the green phase. This is our chance to take our lives back, slowly, and cautiously. I, myself, would love to be able to drive wherever, enter wherever, enjoy whatever, see whomever, and not have to worry about a thing...but, unfortunately, to get "there," we need to each do our part as a community. We need to move forward, and follow the guidelines set before us by the only weapons we have...science and statistics. We miss seeing all of you, in-person, and guiding each of you more personally! Over these past three months, virtual training and/or outdoor workouts have been the only way to help keep you all maintaining and/or progressing in your fitness endeavors. These options are still available for anyone who isn't quite ready to comeback in-person to the gym. But here is what we are going to be doing, to make your gym experience as safe, and successful as possible. The following protocols will help us to get where we ALL want to be.... Normal!

### **Steps we are taking...**

- Mandatory Temperature Checks and hand sanitizing before entry
- Facemasks are to be worn by both trainers and clients, for entry, and at all times in facility. There are specific fabric masks that work great for exercise. Some links to these will be in a different section of this letter :)
- We will be removing the water cooler and mats, until further notice. You will need to bring your own water and mat.
  - ~You will need to bring your own closed water container (bottles with caps, tumblers with top, etc) No open cans or bottles of any kind please. Please remember to take all of these with you as you depart.
- No food is to be eaten in the gym. Please fuel before, or re-fuel after, outside of the facility. This will help us keep the gym clean.
- Social Distancing is very important in the gym as well. Please be respectful of others and keep this practice going while inside the facility.
- Bathroom will remain locked, unless someone needs to use it. This will ensure that it stays as clean and sanitized as possible.
  - ~Bathroom area will be cleaned at beginning, middle and end of each day.
- Trainers will be wiping equipment used during session, and returning equipment to its rightful place each day.
  - ~Trainers will be leaving 10-15 minutes between each of their sessions, to allow time for wiping and cleaning anything they used during previous session.
- Workout areas (ABC, and Strength Area) will be divided into 3 zones. ABC will be split into Zones A & B. While the Strength Studio area gets the distinction of Zone C. Your trainer will decide which area you will be using that day.
  - ~All trainers will be using a group google calendar to help control usage and eliminate the chance of over-crowding
- The Main entrance door will be propped open every hour to allow fresh air in throughout the day

## **How it will work...**

1) When you arrive and park your car, text or call your trainer. Let them know you are there. Please put on your mask and head toward entrance. Your trainer will meet you outside of the main door and do a contactless temperature check on your forehead. Your trainer will have sanitizer for you to apply, as well, and rub into hands till dry. At that time, they will open the main door for you to enter. Your trainer will let you know in what "zone" you will be exercising that day (A, B, or C).

2) During your exercise session, please keep social distancing, from your trainer and other clients. This will assure that everyone is protected. Also, your trainer will be wiping everything you are using to exercise. When a piece of equipment is put back, we all will know that it has been cleaned! This way there is no confusion.

3) If you need to use the bathroom at anytime, please let your trainer know. We will be keeping the bathroom door locked when not in use, so we know it remains clean. They can unlock it for you. The bathroom will be cleaned throughout the day. First in morning, the at midday, and definitely at end of day. We are installing a better toilet paper holder and paper towel holder. As well as, a sensor soap dispenser. This will help eliminate too much contact.

4) When you are finished exercising, please check to make sure you have your water bottle and mat before exit. Use the hand sanitizer on your hands as well before leaving.

I think I covered everything...lol. If i have missed anything please let me know.

## **Here are some examples of "performance" mask ideas...**

<https://www.today.com/shop/breathable-face-masks-t184703>

<https://www.nytimes.com/2020/06/17/well/move/exercising-while-wearing-a-mask.html>

<https://abcnews.go.com/GMA/Style/armour-debuts-masks-wear-working/story?id=71402427>

We wear a mask to protect you, you wear a mask to protect me. Together we can work to get our lives back!

Gym is now OPEN! Please reach out to your trainer for their current availability. Thank you all for sticking with us!

We will see you soon!

**Matt**

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