

# **Benicia Fitness re-opening Covid-19 plan**

In order to re-open safely during the current COVID19 pandemic, gyms have to comply with the guidelines as set out by the State of California and Solano County

## **Re-opening Monday June 15<sup>th</sup>**

### **Gym hours**

Monday through Friday 5 am till 8pm. Closed from 1.30 till 2pm for cleaning  
Saturday and Sunday 7.30 am till 4pm, Closed from 1.30pm till 2pm for cleaning

## **At Benicia Fitness, we have made the following changes at the gym to meet these criteria**

All members and staff will have their temperatures checked on entering the gym

### **Social distancing**

- Staff will wear masks at all times and will maintain social distancing.
- Members will be required to wear masks in the gym from 7am to 1pm while indoors. From 1pm till closing, masks will be strongly recommended. These hours are subject to change depending on member feedback.

### **Gym area**

- The spin room will now be an extension of the gym area. The gym area will be limited to 12 members at any one time. This includes the main gym area, the spin room area, the outside patio and the studio. No sign ups at present for gym times but this may change..
- Members will be required to socially distance by at least 6ft at all times
- Where machines and equipment are not 6ft apart, members will only be able to use every other machine.

### **Classes**

- We will reopen only the gym to begin with but we will be offering a selection of our classes via zoom livestream as from Monday the 15th. We hope to have classes back at the gym by the end of June. For our class members who are not ready to return to the gym at that time or new members who may be interested, we will continue to livestream our classes and will be offering a special “at home” membership.
- When we do start classes at the gym, most classes will be held on the outside patio and classes will be restricted to 9 members
- Class members will enter and exit the gym via the studio door
- Sign ups will be required for classes. This can be done via our website.

- The studio and outside patio have been divided into areas to allow for social distancing during classes
- Class times will be decreased to 45 minutes to allow for cleaning and sanitizing between classes.
- Equipment used for classes will be left out to be cleaned and put away by staff after class
- Members will be advised to purchase their own mats and yoga blocks as well as blankets and straps to bring to classes.

### **Sanitizing**

- We have added substantially more cleaning and sanitizing of all gym areas by staff
- Members will sanitize hands on entering the gym and will be given personal sanitizer bottles to use to clean equipment both before and after use during their workout
- Signs have been put up all over the gym reminding members to clean equipment and wash and sanitize hands often and to avoid touching their faces
- The gym will be closed from 1.30 till 2pm every day for cleaning and sanitizing and a further cleaning and sanitizing will be done after closing every day
- The water fountain will be closed but water can still be purchased
- Regular towel service has been suspended
- The showers and shower rooms will not be available
- All magazines and newspapers have been removed
- Our daycare will be closed for now

### **Ventilation**

In order to improve ventilations and natural air flow through the gym, extractor fans have been installed and windows and doors will be kept open as much as possible

### **What members can do to help us stay safe**

- Stay home if you feel sick or have any symptoms of COVID
- Wear a mask
- Wash and/or sanitize your hands often
- Maintain at least 6 ft between yourself and other members while at the gym
- Sanitize equipment that you use before and after use
- Limit your workout to an hour or less
- Limit times on machines so that all members get a chance to use them

**We thank you for your understanding and patience as we navigate this re-opening of our gym together and look forward to seeing you back. We will be keeping an open mind and making changes as necessary.**

If you have any COVID 19 symptoms please stay home till you feel better

### Social distancing

Keeping sick people out of the gym

Social distancing at all times

Making sure any surfaces that are touched or possibly coughed or sneezed on are kept constantly sanitized

Making sure the members are not spreading the virus in the gym by sanitizing and washing their hands often and wearing masks if possible

Good ventilation

Keeping our employees safe

### **GYM AREA**

#### SOCIAL DISTANCING

1. The main gym area gym will be limited to 12 members at any time in the gym, spin room, and outside area. For now we will not require sign ups for times of the day but should this become necessary we shall start to do this.
2. Temperatures will be checked on entry and the member will be asked if they have any symptoms of COVID.
3. Members will wear masks at all times except when working out during the designated "masks optional" hours.
4. If members arrive and we have the gym at the full number, they can wait at the front outside or in the outside area
5. Machines will allow for social distancing. Members will practice social distancing at all times and will make sure they are working out at least 6 ft from the nearest person. Members will only use every other machine to allow for at least 6ft workout distance.
6. Masks will not be required in the outside area.
7. Masks will be required at all times from 5 am till 12 pm. From 12pm to 9pm they will be strongly recommended.
8. Front desk staff will wear masks, face shields and gloves at all times
9. Members will maintain at least a 6 ft from front desk staff
10. New members will fill out and sign contracts at the coffee tables with sanitized pens.

## SANITIZING AND CLEANING

1. The staff will be constantly cleaning and sanitizing the gym throughout the day. Often touched surfaces will be cleaned every hour.
2. In addition, we will close for 30 minutes in the middle of the day and 30 minutes at the end of the day for a thorough cleaning of the gym and studio areas
3. Members will no longer use sign in sheets. Name must be given to the person at the front desk on entry .
4. Members will sanitize their hands when entering the gym
5. Members will pick up their own small bottle of sanitizer and a cloth at the entrance to use during their workout to wipe down equipment
6. The bottle and towel will be dropped into baskets at the entrance when the member leaves, to be refilled and sanitized or washed
7. If they choose to, members can bring their own sanitizing wipes
8. Regular towel service will be suspended. Members to bring their own sweat towels.
9. Newspapers and magazines have been removed
10. Gym hours and classes may be reduced at first
11. No cash payments. If members can only pay cash, cash will go in a jar, no change.
12. The showers will be out of use

## VENTILATION

1. Doors and windows will be kept open as much as possible to allow for good air flow
2. Extractor fans will be on to draw fresh air into the gym
3. Air conditioning and fans to be used sparingly

## **STUDIO AREA (CLASSES)**

To allow our members who are not ready to return to the gym, we will offer the classes both at the gym and at home via live streaming. Most classes will be held in the outside patio area.

## **SOCIAL DISTANCING**

1. Classes will be limited to 8 people max. This allows for 7 to 8 ft distance between members .
2. Members will sign up for classes on the website.
3. If class is inside the instructor will wear a mask

## **SANITIZING**

1. Class length will be decreased to 45 minutes to allow for cleaning, sanitizing and equipment to be put away
2. All members to sanitize hands both before and after class with sanitizer provided at the door.
3. Members will pick up a small squirt bottle of cleaning fluid and a small cloth so that they can wipe down everything they use both before and after class. These will be picked up as they come into class and put into a bin for sanitizing and re-use as they leave.
4. Temperatures will be taken on entry
5. The studio equipment as well as the music system and often touched bathroom surfaces like door handles, taps, toilet flushers etc will be fully wiped down by staff before and after classes.

## **STAFF**

1. Staff will wear gloves, masks and face shields
2. They will get temperature checked before every shift
3. Front desk area, computer, phone, pens etc to be sanitized before and after each shift.
4. We will have a box of sanitized and used pens.
5. In addition to the regular cleaning schedule, all often touched surfaces such as door handles, toilet handles, taps, water fountain button, handle of the fridge will be cleaned at least once an hour.
6. TV remotes to be handled only by staff
7. Staff will sanitize and put equipment used for classes away after class.