

# We've Reorganized, and Safety is Our Top Priority:

## Equipment

- Equipment has been reduced and relocated to provide distancing that generously exceeds the CDC recommendations of 6 feet, and provides a comfortable means of navigating around the club.

## Classes

- We've temporarily reduced class sizes to approximately 25% - 40% of capacity, to give members plenty of social distancing.
- Look for the floor decals when you get to a Group X class, which will mark your personal space for class.
- Please wear your mask to and from class, but once on your space, you can remove your mask to exercise.
- Classes are no longer scheduled back to back, to avoid cross traffic.
- You must register for classes in advance. Group Exercise Class capacity will be limited and reconfigured to meet social distancing requirements. To attend Group Exercise Classes, you **MUST** register ahead of time. Registration for classes will open the day before classes are offered. You can register for your class on our website.
  - If you have not logged in prior, you will need to create a login.
  - ALL MEMBERS ARE LIMITED TO ONE GROUP X CLASS PER DAY.
  - Power 30 classes may be booked a week or two in advance.
  - No free guest passes will be allowed for class or club use. Must pay guest fee. Once club is opened all virtual classes will be available for members only. They will be found under a new BAC member only Facebook group. The administrator will accept them to the group once they verify they are a current member of either BAC or RAC.
  - Members are limited to 90 minutes of club usage each day. this rule will be enforced if we approach capacity. Data track can provide us with a list of members who are over 90 minutes. ***IT IS VERY IMPORTANT EVERY MEMBER CHECKS OUT TO AVOID CAPACITY PROBLEMS.***

## Traffic Patterns

- When you enter or leave the club, maintain stay 6 feet from other members. Use the touchless check in, and avoid congregating at the front desk.
- Arrows will direct you through the club in a one way traffic pattern, to help everyone more easily maintain adequate social distance.

## Cleaning Procedures

- We've fully reevaluated our cleaning products, procedures, and schedules.
- We are requiring members to clean equipment before and after use, using an improved cleaning product that you will see in green bottles throughout the club. Spray the small towel, wipe down equipment, and toss the towel into the basket next to the equipment.

- We ask that you wipe down any equipment used, including weights, bar bells...anything you touch.
- Staff members will be sanitizing the club throughout the day with a separate EPA approved virucide, Renegade XXX, and will use this same product for a deep sanitation at night. This product is a hospital grade product. Orange cones will indicate any areas that are undergoing a sanitation during club hours.
- Cleaning and sanitation product information is available for your review at the club.

### **Temporarily Unavailable:**

- Showers, sauna, lockers, and seated vanities are temporarily unavailable.
- Toilets and sinks are available for use.

## **Member Guidelines and FAQs**

### **Please Don't Use The Club If:**

- You are sick or have experienced symptoms of Covid-19 in the past 14 days:
  - Fever/chills
  - Dry cough
  - Shortness of breath or difficulty breathing
  - New loss of taste or smell
- You have had a positive Covid-19 test in the past 14 days.
- You have had close contact with a confirmed or suspected Covid-19 positive case in the past 14 days.

### **Our Mask Policy:**

- We require that you wear a mask when entering the club and exiting the club, and anyplace within the club that you are unable to socially distance yourself from other members (moving between equipment, walking to the locker room or between rooms, etc).
- We've made every effort to distance our equipment and workout areas in excess of the 6 ft recommended by the CDC. Therefore, you DO NOT need a mask when you are working out on a piece of equipment, or in a room with workout areas indicated by floor markings or distanced equipment.

## Using The Locker Room:

- Please maintain a 6 ft. social distance while waiting to enter the lavatories and approach the sink area.
- We recommend that you wash your hands regularly while visiting the club.
- Please leave valuables at home while our facilities are temporarily restricted.
- Showers, sauna, lockers, and seated vanities are temporarily unavailable.
- Members may want to consider the use of a waist belt/bag or small gym bag to carry their phone or wallet. A limited number of bags may be available for purchase at the front desk.

## General Reminders:

- Remember to clean equipment before and after you use it, including weights, bars... anything you touch.
- Don't congregate at the front desk, lobby area, or anywhere else throughout the club.
- Take turns entering and leaving the building to maintain social distance, especially in the vestibule and through the locker room.
- Latex gloves are not required, but some members like them.

