



# FIVE POINTS FITNESS

STRENGTH • FLEXIBILITY • NUTRITION • STABILITY • ENDURANCE

Dear Member:

We are very happy and excited to announce our reopening this Tuesday, **September 15!** We look forward to welcoming you back! We know you are eager to return but also have many questions regarding Five Points' approach to health safety and how our numerous new modifications will impact your fitness experience. Much of that information follows here and will also be available on our website and social media platforms.

## **Our #1 Priority is Keeping Everyone Safe**

Our Number One priority is **Your Safety**. After all, as members, you come to Five Points to maintain and improve your physical and mental wellbeing. Our mission is to do everything we can to help you achieve those goals in a healthy and supportive environment. Accordingly, we have developed a new regimen to ensure your Five Points experience is safe and positive. We have developed the following procedures in close consultation with a variety of health experts and detailed reviews of Federal, California State, and Marin County government policies and guidelines.

### **Screening Procedure**

**Everyone**, all members and staff, will be screened upon entering the gym. This includes a non-contact temperature reading and the following questions being asked:

1. Have you experienced a 99.5 degree or higher temperature in the last 2 days?
2. Have you been in contact with anyone who has tested positive for COVID-19 in the last 14 days?
3. Have you experienced any symptoms which are potentially related to COVID-19 in the last 14 days including fever, new or worsening cough, or shortness of breath?
4. Have you been tested for the corona virus infection within the last 14 days? If so, was the result of that test positive?

If the answer to **ANY** of these questions is **YES** you will not be permitted entry to any Five Points facility. Please review these screening questions again prior to coming to Five Points and please be sure to stay home if you answer in the affirmative to any of these four questions. Again, please remember, you will be screened **every time** you wish to enter the gym. Only employees will have their temperatures scanned before being allowed to begin their shifts at Five Points.



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## Hours of Operation

For the Week of September 14, we will have the following hours of operations:

Labor Day: CLOSED  
Tuesday through Friday: 7 am to 6 pm  
Saturday: 7 am to 3 pm  
Sunday: CLOSED

Please note that these hours of operation will gradually expand to regular gym hours in the coming weeks, and will be updated weekly so please continue to read emails and follow us on our social media platforms.

## Touchpoints

In order to maintain a fully sanitized and safe facility, we are reducing as many touchpoints in our gyms as possible. Please note the following procedures and restrictions (ref. Stage 3 of the State of California's Guidelines for reopening gyms):

- All members are required to use the front door entrance only. All doors will remain open during regular gym hours.
- **Everyone** is required to disinfect their hands at designated sanitizing stations immediately upon entering the gym.
- All members are required to **CHECK IN and OUT** by scanning their ID key tags into our membership database at the front desk.
- Use of showers will be limited, and lockers are not permitted until further notice.
- Water fountains will be out of service until further notice. Please be prepared to bring your own water bottle.
- Personal gym bags are not permitted in the facility. Please store any personal articles or valuables you bring with you in a hidden and secure spot in your car. Members who need to change from their workout gear into their streetwear before going to work are allowed to use the locker room to change clothes, but may not store clothes and gear in lockers.
- There will be no childcare service offered at our Corte Madera facility until further notice.
- There will be no towel service offered at our Corte Madera facility until further notice. Please be prepared to bring your towel for personal use (a towel for cleaning surfaces will be provided by Five Points on a visit-to-visit basis...see section below)



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- Mats normally provided by Five Points will not be available until further notice.
- No guests or visitors are allowed in the gyms until further notice.

## **Cleaning and Physical Distancing**

1. In addition to the existing readily accessible spray bottles and wall mounted hand sanitizers located throughout the gym, numerous hospital-grade disinfectant towelette dispensers have been added. To enhance personal safety and hygiene, Five Points will also provide every member with a bottle of disinfectant and a clean towel upon entering the gym. We require these individual bottles and towels be used by every member to sanitize every piece of equipment and surface they contact while exercising at Five Points. When your workout is completed and you exit the facility there will be a designated "USED" station to dispose of your bottle and towel at.
2. We thoroughly clean the gym every night and on a regular schedule throughout the day. We have hired additional cleaning staff to ensure maintenance of a hygienic and safe environment throughout our hours of operation. To further enhance the cleanliness and safety of our gyms, we have purchased two short-wave ultraviolet light machines. UV-C light is a non-chemical process proven to kill 99.9% of pathogens without use of special chemicals or leaving behind harmful residue. Specific to current safety concerns, the UV-C light inactivates the SARS-COV-2 Virus responsible for COVID-19. UV disinfection has been an accepted and effective procedure since the mid-20<sup>th</sup> century, primarily used in medical facilities. The UV-C system will be applied to all Five Points facilities each night as a standard element of our newly enhanced sanitizing procedure. It will play an important role in our commitment to provide both members and staff with thoroughly disinfested facilities to exercise and work in.
3. A team of Personal Trainers will circulate throughout our gyms to assist and inform members regarding proper cleaning and social distancing practices during exercise. Regular staff members will also be available to help members maintain appropriate social distance (6 feet minimum), especially in terms of the challenges caused by equipment location. For example, there will be a requirement that strength training equipment located adjacent to either side of one in use be left unoccupied until the one being used becomes vacant. Half of the cardio-equipment (every other machine) will be taken out of service in order to provide appropriate distancing.
4. We ask that our members play a proactive role in terms of defending your own, employees, and fellow members' health and safety by proactively paying close attention to all sanitation practices, especially wiping down machines after use. In addition, we ask you to observe both normal and new gym etiquette. Please be respectful of your fellow members' needs to use various pieces of exercise-equipment that may be in close proximity (within 6 feet) of you. Please vacate equipment promptly after use. These are trying times. We ask everyone for their patience and community spirit toward each other in terms of equipment sharing and distancing so that we can all mutually and safely continue to work to improve our quality of life and support our immune systems through proper fitness activity.



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## Face Coverings (Masks)

Members are required to wear masks covering nose and mouth **at all times EXCEPT** when using the cardio equipment or exercising in our designated Outdoor workout areas. We recognize this will probably be the most difficult requirement in terms of comfort. However, in the current situation, health safety for both members and staff must necessarily be everyone's first priority.

## Group Exercise

Indoor Group Exercise classes will not be available at the beginning of our reopening, but will gradually be reintroduced over time; starting with our Yoga, Mat Pilates, and In Alignment classes. Due to physical distancing requirements, the maximum number of participants will be limited and based on our current online Group Exercise signup procedure. Members will be able to sign up for our classes on a first come, first serve basis using the Five Points Fitness app or by calling the gym and requesting registration for your class of interest.

## Billing

Regarding September, you will be invoiced at your normal rate. Members who elected to have their membership fees collected for April, May, and June despite the closure will have the opportunity to receive certificates for three months' credit against future billings. If you wish to receive this credit please stop by our front desk and we will update your account accordingly. We are extremely appreciative of your support during these recent difficult months. Your understanding was instrumental in helping us continue to pay our staff during the closure and allowed us to prepare for a seamless reopening.

Those members who elected to freeze their accounts during the closure will have their memberships reactivated effective September. Should you wish to continue your account suspension through the month of September or longer please email your notification to [memberservices@fivepointsfitness.net](mailto:memberservices@fivepointsfitness.net) at your earliest convenience. Thank you for your support. We look forward to seeing you back in the gym later in the summer.

We believe the new policies we are adopting will ensure Five Points Fitness is a safe and healthy environment in which to train and work. Universal adherence by both membership and staff to the new safety requirements is key to a successful return to normalcy.

On behalf of the entire Five Points family please accept our deepest gratitude for your continued support. We look forward to personally welcoming each and every one of you back to the gym. We pledge to continue to do our very best to make Five Points the right place for you to confidently pursue your health and fitness goals in a safe and supportive atmosphere.