

# FUSION MEMBERS AND GUESTS,

We are excited to welcome you back into Fusion starting Sunday, November 1st and appreciate your patience as we strive to make Fusion a safe yet productive environment for your fitness/wellness needs. **Please be patient as we navigate this new environment. Know that this is a change for all of us and we are doing our best to maintain a safe environment for all to work-out. We want you to return to your normal routines as quickly as possible, we want that for Fusion too!** Based on the changing COVID environment, we may be opening up more facility/programming as soon as it's safe to do so, but we might also have to enforce more limits. It is our goal to remain open throughout this changing COVID environment.

Because safety continues to be our number one priority as we open our doors to members and guests. **The following safety protocols will be in place:**

1. Temp screening in the Fusion Lobby before entering the facility.
2. More Hand Sanitizer and Individual cleaning bottles for all
3. Masks required throughout the entire facility for the duration of your workout
4. Capacity Limits in Each area of the facility
5. Memberships remain on hold for those not comfortable returning
6. Reduced hours of operation to ensure our staff can maintain a clean/safe environment

## **What's Back:**

1. Cardio Room/Weight Room, Track, with social distancing and capacity limits
2. Group X Classes – very limited scheduling (If you have enjoyed the Zoom classes with Joy, GOOD NEWS - Joy Golden's Silver Sneakers classes will remain on Zoom only)
3. Massages – (Tues, Wed, Thurs, and every other Saturday) with mask requirement
4. Personal Training/Couple Training – Chris is ready to help you get back on track or hit your next milestone. Call for an appointment today. (Mon-Fri appointments available)
5. Walk Only Cards – good for the hours we are open
6. Day Passes – available to purchase at Front Desk, capacity room limits apply.
7. Family Locker Room – Available with some closure for more regular cleaning

## **Just a little while longer:**

1. Pool/Aquatics Classes – It will not open with the rest of the facility, but we expect to have it opened by December 1st.
2. BH/Pool Parties - These will be available again, just not quite yet due to social distancing guidelines and room capacity limits.
3. Swim Lessons – We plan to offer these starting Jan 1st.
4. Locker Rooms – We will open these when the pool opens!
5. Sports in the gym – All games in the gym must be with people from the same household at this time.

# SAFETY

The health and safety of our Fusion Family is our #1 priority. You should ALWAYS feel safe here, and we're taking every possible step to make sure you do. Here's a list of the new rules and protocols we're put in place for members and staff.

## **Temp Screening in Fusion Lobby:**

Upon entry into the Fusion Lobby, you will be temp screened via an infrared temperature thermometer (must be under 100.4) and be expected to answer the questions: "Have you recently experienced sore throat, Respiratory, or GI Symptoms?" and "Have you been exposed to anyone who recently tested positive for COVID?". If you have recently experienced any COVID-like systems, please refrain from coming to the facility.

## **Hand Sanitizer and Individual Cleaning Bottles**

Located throughout the facility, you will see more bottles/dispensers of Hand Sanitizer for your safety. Additionally, each person will receive a spray bottle (mixed with a disinfectant) and an individual rag for your use throughout the facility. These will be returned to the front desk prior to leaving the facility as the spray bottles allow us to monitor the facility occupancy at all times.

## **Masks required throughout the facility**

Due to our attachment to HAH, all who enter the doors must wear and keep a mask on at all times when in the facility (including while working out). Each individual will sign a waiver upon entering for the first time that shows their understanding of this policy. This policy will be strictly enforced. If you fail to come in with a mask, you can purchase one for \$.50 at Front Desk.

## **Capacity Limits in each Room**

The following capacity limits will be followed per room in the facility.

1. Group X Room (10)
2. Walking Track (15)
3. Cardio Room (15)
4. Weight Room (10)
5. Gym (10)

These spots will be done on First Come/First Serve basis. Staff will monitor the capacity limits per room. If we see this becoming a problem, we will require a reservation per space for a specific time.

## **Extra Cleaning Efforts:**

Upon opening, we are taking facility cleaning extremely seriously. We're upping our coverage to include hourly disinfection of bathrooms, high touch areas, and cleaning and sanitizing our Group X Room between classes.

We'll also be designating employees to specific zones of the clubs during busy hours to monitor social distancing, enforce new rules and protocols, and to disinfect all equipment after member use.

### **Social Distancing**

Members will be expected to observe social distancing measures including observing floor signs that indicate dedicated waiting areas for high-traffic zones and spacing markers in the Group X Room. Members will also be expected to avoid contact and maintain six feet of distance whenever practical with anyone outside of their household. As it is difficult to close off machines in the weight lifting areas, we ask that a machine is left vacant in between all utilizing these areas.

### **Spotting and "Working in"**

Spotting will be allowed in our free weight areas to reduce injury risk. Spotters will be required to wear a face covering and should avoid contact as much as possible. "Working in" on the same piece of equipment between sets is not allowed among members from different households,

### **Attire**

We ask that members come dressed in proper workout attire due to closure of the locker rooms in the beginning. If not, we have 2 lobby bathrooms and the family locker room for your convenience.

### **COVID-19 notification**

All members must agree to notify Fusion as soon as practical if they receive a positive test result for COVID-19 within 14 days of visiting Fusion.

### **Children**

In re-opening the facility, kids (anyone under the age of 16) must be directly supervised by a parent/guardian (or someone over 16) at all times throughout the facility.

### **Staff Expectations**

All of our staff will wear a mask at all times. All must under-go temp checks upon beginning their shift. Social distancing will be maintained at work-stations. Staff will not be allowed to work unless they are 72 hours' symptom free. If a staff-member tests positive or has been exposed, they must follow the guidelines of a health professional before returning to work. Frequent hand washing and use of hand sanitizer is strongly encouraged. Employees are also expected to disinfect shared resources before and after their shift.

# MEMBERSHIPS/FACILITY MODIFICATIONS

## **Memberships**

All memberships will start back up on November 1st, 2020. For those who do not yet feel comfortable returning OR do not feel comfortable working out in a mask, we will keep your membership on hold at this time. You must contact Front desk to extend your hold longer to avoid any lost time starting Nov. 1st. We have added your missed time to the end of all PIF and monthly paid memberships so you lost no time during our closure. Therefore, monthly withdrawals will begin in November.

## **WE'RE HERE TO HELP!**

We are doing our best to make sure we have properly handled all accounts during this shutdown, but keeping up with all of our 1500+ members has been a challenge. We know you know your own situation and expectations better than we do, and we're here to help iron out any wrinkles that may exist. If you feel a charge isn't correct, a request wasn't processed properly, or if you just have a question about something please call us! We're committed to making everything right for all of our members.

## **Day Passes/Gift Certificates/Give-Aways**

All of these that were given prior to COVID will be extended for a year past their expiration date! Talk to us at the front desk if you have any specific situations!

## **Facility Modifications:**

1. Equipment will be spaced 6 feet apart whenever practical. Signs will be clearly visible that indicate adjacent pieces are not to be used concurrently if a minimum of 6 feet separation cannot be maintained.
2. Drinking fountains will ONLY be allowed to refill bottles. Please bring your own bottle. The downstairs fountains at the front desk will be the only ones in service.
3. Locker rooms (WILL OPEN WHEN POOL OPENS AT LATER DATE) will have capacity reduced to promote distancing. Shower access will be modified to facilitate a minimum of 6 feet social distancing. Lockers available for day use will be clearly marked and we ask members to only use these lockers. These lockers will be disinfected nightly and any items left overnight will be discarded.
4. Signage will be placed upon cardio machines that will be out of use each day to promote social distancing. Available cardio will be rotated daily to allow thorough disinfection.
5. Strength training equipment and machines will be available, but members will be required to avoid exercising on adjacent machines where 6 feet of distance is not possible.

6. All machines and equipment must be wiped down before and after use.
7. Please follow the directional signs for different parts of the facility (one entrance/one exit for Cardio Room, Weight room). Additionally, the stairwell closest to the front desk will be for all going up while all are encouraged to come down the stairwell furthest from the Front Desk.
8. A section of the Fusion parking lot is currently used for COVID testing of HAH. HAH has 5 spaces reserved so that patients can park there if tested for COVID and a staff-member will come to their car to avoid contamination in the building. Please do NOT park in these spaces or you will be asked to move.

## **HOURS OF OPERATION:**

We will have modified hours to start, to allow plenty of time for facility deep cleaning and focusing our staff hours to maintain an impeccable level of cleanliness. These hours are subject to change based on the changing environment.

**Monday – Thursday – 5am-6pm**

**Friday – 5am-5p**

**Saturday – 7am-1p**

**Sunday – 11am-2p**

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