

Vanguard Key Clubs

COVID-19 UPDATE

It is our full intent to remain accessible to members during these unusual times. Some may question that decision based on the tremendous influx of information (real and contrived) available to the masses. We have taken into account the recommendations of the science community with respect to “social distancing”, as well as the political minds who have made decisions on what services are considered “essential” and allowed to operate uninterrupted.

We believe that health and fitness is an essential service which not only helps people maintain their fitness, which can directly influence their ability to stave off illnesses or recover if becoming ill, but is also a critical factor in helping people deal with anxiety and stress, something that is at all-time highs with many people right now.

These considerations along with the pure nature of how we operate, in which the average attendance at any given time rarely goes above 10-12 people, we fall far below the recommended numbers and certainly far less than the number you find at the grocery store, hardware store, or pharmacy these days. To put this in real numbers, that is approximately 1-2 people per 1000 square feet of space...certainly enough room for people to socially distance if they so choose.

To be clear, we do not condone, recommend, discourage or judge anyone who wishes to maintain their exercise routines or put their memberships on freeze or to even cancel. This is all about making individual choices that fit your needs and your conscience. We are just a tool, and we believe we can be a positive light during a very dark time for those who choose to see it, and we need your help to keep that light shining.

NOBODY IS IMMUNE to this current virus, and although the elderly and infirm are at greatest risk, anyone can carry it and never even experience a symptom. Therefore, it is as important here, as it is in any public place you visit, to take precautions, use the supplies provided to wipe down your equipment BEFORE and AFTER use. **If you are sick or demonstrate any symptoms of ANY illness STAY HOME – we don't want you here**, it's not good for you or anyone else. These may seem like common sense statements because they are.

We are working very hard to keep giving you access and going extra steps in cleaning and sterilizing our facilities daily. We are now performing these tasks during off peak, overnight hours, so we can lay it on even thicker, **so step up, do your part, remind others to do theirs**, stick together and we will do all we can to weather this storm and come out the other side still strong, still healthy and still here for you. Thank you for your help and support!