

# Guidelines for Re-Opening

With much of the current conversation regarding COVID19 now revolving around the best practices involved with re-opening businesses, I thought it prudent to lay out what we are currently planning when the time comes that each State allows us to re-activate our systems and allow access to our members once again.

**NOTE: Each State may have additional requirements beyond what our guidelines specify – It is important that you plan to abide by our guidelines and any additional requirements in order for us to stay open for you. Therefore, this is to prepare you for how things may look during the first phases of re-opening. If you cannot abide by these guidelines, you are not welcome to return.**

Here is the current status (location by State) and only some possible speculation on what the future may bring as of 4/23/20

## **NEWBURYPORT**

The current order from Governor Baker is that businesses remain shuttered until May 4<sup>th</sup>. Our current order to close is from the City of Newburyport, so it will be at their discretion as to when we will be allowed to start up.

Speculation: Due to the larger numbers of cases in the Commonwealth, I would not be surprised if that date is pushed out a few weeks to a month.

## **NORTH HAMPTON/PORTSMOUTH/DOVER**

The current order from Governor Sununu is that businesses remain closed until May 4<sup>th</sup>. He has now convened a task force to look into the process of re-starting the NH economy and bring businesses online.

Speculation: Due to the lesser numbers of cases in New Hampshire, we hope that May 4<sup>th</sup> is still a viable date to start up; however, there are some grumblings out there that it may be more like the middle of May. It also may be by county and with more cases in Rockingham than Strafford; Dover may be allowed to re-open sooner than North Hampton and Portsmouth.

## **YORK**

The current order from Governor Mills is that businesses including gyms and fitness centers remain closed until May 4<sup>th</sup>. She stated Maine is, *“planning a phased-in reopening, tailored to the demographics and various economic sectors of our state. Ultimately, the protocols we adopt, made after consulting with people from all parts of the state, will be guided by fact, science and public health expertise.”*

Speculation: In line with New Hampshire, it is likely they may begin county by county depending on the severity of the cases. This may place York in the mid May re-opening time frame.

## **BILLING**

In the event that we cannot open all locations at one time, we will keep members who have designated certain locations as their “home” location on freeze in the event that location is not allowed to operate.

**Because members do have access to all of our locations, if you plan to travel or use a location that has been allowed to open, but you are still on freeze due to your home location designation and lingering closure, then you will need to contact me to remove your freeze option manually so you can utilize the other location(s). This means you will then be billed at the regular rate. Only contact us after a location opens. These adjustments will be made in “mass” so I don’t have the ability to separate you until all of the functions have been run at the developer level through our software provider.**

Now that we know that there may in fact be a light at the end of this tunnel and we have a bit of a plan in place, the following notice will be posted in every location. These are the guidelines every member must adhere to when on site. We are expecting everyone to look out after each other and report anyone who does not seem to be able to abide by these simple recommendations.

### **Vanguard Key Club Guidelines for Use**

These Guidelines will be **strictly enforced**. Anyone found not abiding by ANY of these may be charged a fee to their dues and/or termination of their membership. If you wish to continue to utilize this location for your health and well-being during the COVID 19 pandemic, you must observe or this location will be shut down until further notice.

- **If you are SICK or FEELING ILL- DO NOT ENTER UNDER ANY CIRCUMSTANCE**
- **Wear a mask if at all possible while exercising.**
- **Make every attempt to exercise 6 feet or greater from another member.**
- **No More than 10 persons in any room at one time. If a room (like the studio) cannot accommodate a number who can remain 6 feet apart, you MUST reduce the number in accordance with CDC and Federal recommendations to allow no more than 10 with at least 6 feet of separation.**
- **Wipe down equipment BEFORE and AFTER each use.**
- **DO NOT leave a station or equipment un-attended. (Use it, clean it, put it away and move on – no super sets)**
- **ABSOLUTELY NO GUESTS ALLOWED – MEMBERS ONLY**

We will continue to clean and sanitize the facilities on a regular basis including fogging the entire premises to help keep you safe.

We are asking that all members and all independent trainers please police each other and notify us of anyone not adhering to these guidelines. EVERYONE IS A SNITCH! You can use the courtesy phone and hit the “Office” speed dial button or email us at [info@vanguardkleyclubs.com](mailto:info@vanguardkleyclubs.com). Don’t let the few spoil it for the rest.

These Guidelines are in place for your protection and the protection of others and will likely reduce with time, but in order for us to remain accessible, please do everything in your power to abide by these.

Anyone unable to follow these guidelines is required to leave the premises and only return when they can be followed. Thank you.

During this down time, we have been working hard to deep clean all locations and make improvements and repairs to facilities and equipment. We have also invested resources into upgrading and adding some new equipment and even re-arranging the layout of some locations to make better use of space and allow for greater social distancing.

We will continue to clean and sanitize our locations to include an additional spray fogger to coat even the areas members may miss with their required efforts.

We are doing everything we can to ensure a safe environment for you when we re-open but we rely heavily on you to help keep it that way when you return, so I hope you will get on board with this plan and we can soon begin those first steps to getting our lives back to normal.

Again, I deeply appreciate all of the support and kind words so many of you have offered these past weeks and for many of you, your desperation to return to the gym has not been lost on me. I am sorry I have had to decline the dozens and dozens of requests to borrow, rent or buy our equipment so you can continue to work out, and I hope you understand, it would be far too difficult for us to get started again if everything was scattered to the four winds. Furthermore, we just don't have the liability protection in place to be renting out equipment. But during all of this, your passion and dedication has reassured me that what we did to stay open for as long as we did when other locations shut down, our efforts to stay open even after the shutdown, and what we are doing now to prepare for your return will all be worth it. This has not been an easy month for any of us, but we are in good shape to come through this. It will take us all a little time to re-build what we have lost, financially, physically and emotionally, but re-build we will.

Hopefully the next update will offer some clear clad information regarding start dates, so please check back on the website or keep an eye out for an email in the coming days.

Be well,

Craig