



Vanguard Key Clubs Mask Policy – November 2020



For some of you, the following message will not be new, for others it is very important that you read this to be up to speed on how recent decisions that are being made at the State or local levels could affect your workouts and our availability to you now and in the future. This is an **OPPORTUNITY** that I hope you will seriously consider acting on and take advantage of:

In late March, we were all blind-sided by the decision of the States to lockdown many of our daily provisions such as retail shopping, restaurants and access to gyms and fitness centers. There was little warning and only the sudden vacuum of normalcy in our lives with not even a glimpse of what to expect. The “shutdown” affected our physical, mental and financial health and many are still struggling to overcome its aftermath.

Today, Governor Sununu of New Hampshire stepped in line with surrounding states and has implemented a statewide mask mandate beginning tomorrow 11/20/20.

This is where the opportunity presents itself. Unlike seven and a half months ago, we are not being shut down (yet). We have all been asked to put a piece of cloth over our nose and mouth and go about our daily routine (social distancing still accepted). I ask for you to truly think of what that means, not only to your ability to come to the gym and workout, but have access to all the other services you frequent. Think about how this affects you, your friends, and your family who use and work in these places. We are being given the opportunity to do something we were never given the chance to do last spring...keep living our lives, all in exchange for wearing a mask.

At this point do we really need to debate over the usefulness or inconvenience or temporary discomfort of masking? Does pride or indifference over the subject really play a role in the short term if it means we can continue to do the things we love to do and go the places we enjoy going. It seems to be a very small price to pay considering the alternative, especially in today’s climate.

Therefore, in an attempt to help each member comply with these new guidelines and feel comfortable in knowing that every person must follow the same set of rules, **I am modifying our mask policy to better track with the intent of the States in which we are located.**

We are asking all members on site to have a mask on their person at all times. Appropriate use of this mask is paramount to not receiving any unwanted rebukes from Vanguard Key Clubs or the State. As a private organization, we will enforce this policy as we see fit if members find that they are unable to comply. Be aware, however, these are new State guidelines and only they are ultimately responsible for enforcing the rules they created under the penalties they have instituted such as fines. **We retain the authority to enforce as we see fit which may result in frozen or terminated memberships, so please don’t let it come to that.**

If reports begin to surface about members not wearing their masks in appropriate settings within the gym, acting disrespectful to other people or getting into their “personal bubble” without a mask or following the simple social distancing guidelines that are already in place, or if we have to engage with any individuals getting into arguments or debates with one another over the mask policy, this may result in a member’s inability to access our facilities. Again, please don’t let it come to that.

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This basic act of each member stepping in line for the greater good (and you are part of the greater good whether you want to be or not) to ensure we can remain accessible to you is one of the smallest challenges we face as a fitness community. It will, however, require **EVERYONE** to police themselves, and each other, on this matter. **The responsibility is on each and every one of you.** **YOU (WE ALL) HAVE CONTROL OVER WHETHER ANOTHER SHUTDOWN OCCURS.** If the data fed to the Governor's offices does not improve, I have no doubt they will move toward shutting down "non-essential" (don't get me started on that) businesses like us once again. So I will most certainly side with doing something as simple as wearing a mask before I shut my doors again...and personally, I appreciate the opportunity to do so.

Additionally, I believe it is important for you to know that in the thousands of workouts we have provided to members since re-opening in June, we are aware of only 3 members who have tested positive for Covid-19 to date. Of these affected, none of them are believed to have either been infected in our facilities or spread the virus to others in our facilities. I credit this to the incredible work of our cleaning crew and every member and trainer we have that have taken the time to spread out while exercising, wipe their equipment down before and after use and limit their social interactions while in the gym (the leading cause of spread). Now we all just need to turn it up a notch. For those who have not been as diligent in these areas, we need you to step up your game; otherwise, you might be on the outside looking in, with the rest of us.

Finally, each State does provide for certain exceptions to the rule and you are welcome to seek those out, but please just use some common sense, **know your environment and who is in it,** behave accordingly **and with the intent of why these guidelines are in place,** get in the best workout you can and move on. With your cooperation and understanding, we will be in a better position to continue to provide the best services we can for you without interruption. When the data improves, we will all be able to figuratively, and literally, breathe again. Thank you for your cooperation.

Be Well,

Craig

On a side note, we are excited to announce that we are currently in the process of expanding our York, Maine location into the vacant space next door (an unfortunate victim of the shutdown). We will be adding over 2,000 square feet of space that we will be re-locating our cardio equipment in with additional larger TV's. We will also be creating an additional room for stretching as well as building a trainer's office for our independent personal trainers to use and meet with clients. We hope to have this space ready to go and usable by the first of the year which will allow us more space to spread out equipment on the main floor and have room to add additional pieces in the future. So a positive note to end on!