

Gold's Gym DC Metro Re-Opening Plan



OVERVIEW

Gold's Gym will re-open DC Metro club operations in three different phases in recovery of the COVID-19 global pandemic. This plan is a brief overview of the various phases that comprise our conservative approach to reopening our clubs across the DC Metro area. As always, our number one priority is to ensure we provide a world-class Member experience and we are taking every precaution we can to provide a safe and healthy club experience.

PHASE 1

FACILITY GUIDELINES

A. Reduced Hours of Operations

- Mon-Fri | 7a-9p
- Sat-Sun | 8a-4p

B. Capacity

- MD: Member capacity will be capped at 50% of overall capacity except for Montgomery County which will be 1 person per 200 square feet (approximately 30% capacity).
- DC: TBD
- VA: Member capacity will be capped at 30% of overall capacity

C. Check in Process | POS Register

- Members will use a touchless scan in process to scan their barcode on the scanner which will be placed on the counter
- Cash will not be accepted for retail purchases. A credit card may be used with the chip reader or if it is stored on file
- All retail or concessions purchases will be self-scanned by members in order to have no exchange take place

D. Cleaning

- Team Members in each club will be re-focused from normal duties and dedicated to consistent deep cleanings of high touchpoint areas
- Members will be required to wipe down equipment and surfaces before and after each use
- Daily cleaning protocols updated with extensive checklists for medical-grade EPA-approved cleaning materials, additional refill stations for wipes, sprays, and bottles, and housekeeping stations/carts accessible on the floor
- Newly purchased sprayers will be utilized for additional deep cleaning measures after each high traffic time of the day and after closing to ensure full club sanitation

MEMBER & TEAM MEMBER EXPECTATIONS

A. Temperature Checks

- Temperature checks for members and screening processes will follow state and district mandated guidelines
- Team Member temperature checks to follow state and district mandates

B. Protective Gear | Masks & Gloves

- Members will not be required to wear masks unless mandated by State legislature, but highly encouraged when not doing cardiovascular exercises
 - We will provide disposable masks for members who would like additional protection
- All Team Members will be required to wear masks & gloves

AMENITY GUIDELINES

A. Cardio & Strength Machines | Locker Rooms | Pool

- All these amenities will open during phase 1 and signage will be posted to inform members of updates as needed
- Cardio Machines – every other piece of cardio will be powered down to ensure social distancing measures in place and all members will be required to clean equipment before and after use.
- Strength Machines – members will always be encouraged to maintain proper distances of 6 feet to 10 feet or more based on state/district requirements and all members will be required to clean equipment before and after use.
- Pools will be open for lane swimming only. No aquatic classes will be available during this time

B. Kid's Club | Group & Studio Classes | Personal Training | Basketball & Racquetball | Sauna, Steam & Spa | Smoothie Bars

- These amenities will remain closed during phase 1 and re-evaluated for opening in Phase 2 or 3

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PHASE 2

All aspects from Phase 1 will remain in effect regarding sanitization and physical distancing guidelines to ensure the safety of our Members and Team Members as we follow strict CDC & State Guidelines. Phase 2 will begin 2-4 weeks from when Phase 1 begins

AMENITIES TO RE-OPEN

- A. **Kid's Club:** Possible opening due to CDC/State Guidelines
- B. **Smoothie Bar:** Closed
- C. **Group & Studio Classes | Personal Training**
 - During phase 2 Personal Training will resume with specific guidelines to ensure the proper safety of both our members and team members
 - i. These guidelines will be shared prior to reopening this amenity to the member base
 - During phase 2 and the re-opening of GGX & GOLD'S STUDIO classes will operate at 50% capacity(30% in VA) along with floor markers to ensure proper distancing; GGX rooms will be capped based on capacity guidelines, Studio classes for GOLD'SFIT and GOLD'S CYCLE will be capped at 8 attendees, and GOLD'S BURN classes will be capped at 6 attendees. All classes will require pre-registration through the Gold's Gym App.
- D. **Locker Rooms:** Will be open for Members use
- E. **Saunas/Steam Rooms/Spas:** Will remain closed
- F. **Basketball Courts** – Will remain closed

PHASE 3

All aspects from Phase 1 and 2 will remain in effect regarding sanitization and physical distancing guidelines to ensure the safety of our Members and Team Members as we follow strict CDC & State Guidelines. Phase 3 will occur 30-90 days after Phase 1 begins

AMENITIES TO RE-OPEN

Gold's Gym DC Metro locations restored to full club operations with enhanced and updated cleaning protocols & guidelines for physical distancing to assist with the safety of our Members and Team Members. We will share any on-going guidelines prior to moving into phase 3 to ensure we are aligned with the risk in our environment at that time. It is our top priority to be sure we do not move back to basic business levels if we are not 100% confident everyone is safe.