



THE ALASKA CLUB

# COVID-19 MITIGATION PLAN



## SUMMARY

### *Upgraded Safety & Sanitization Measures at The Alaska Club*

#### Strict Social Distancing & Capacity Reduction



Controlled entries, capacity limits, re-organization of equipment, and abundant signage are some of the steps we will take to ensure social distancing. Many areas of the club will have limited capacity based on mandates. In some cases equipment will be removed or replaced to different areas of the club. Signage will clearly inform members of capacities and remind people not to gather.

#### Hand Sanitizer & Single-Use Sanitization Wipes



TAC has purchased bulk quantity of hand-sanitizer and single-use sanitization wipes that will be available throughout the club. All hand-sanitizer meets CDC requirements for alcohol content. Members and employees will be encouraged to use sanitization products liberally and frequently.

#### Sanitization Solution Sprayers



TAC will implement the use of large-scale sanitization sprayers to be used on all touchpoints in the club throughout the day, such as cardio machines, strength equipment, computers, door handles and the front desk area. These easy-to-use devices emit a fine mist of disinfectant onto hard surfaces eliminating the need to wipe the surface after spraying.

#### Electrostatic Sprayers



This cutting edge technology uses an electrostatically charged disinfect to sanitize hard surfaces using a hand-held sprayer. The touchless electrostatic technology allows the disinfectant to “wrap around” surfaces, such as gym equipment.

#### Biological Fogging



Fogging machines emit small particles of sanitizing material into the air which bond to surfaces while killing bacteria and viruses and on surfaces to disinfect. At TAC, our fogging machines use a solution proven to eliminate harmful microorganisms. This process is non-toxic and leaves no chemical residue. Fogging will be conducted weekly at each club.

#### Air Scrubbing



We have installed air scrubbers in HVAC duct work at our clubs. This is a technology whereby microscopic oxygen and water molecules in the air enter the purification unit and pass through a matrix that transforms them into powerful oxidizers. Once released, they act as a supercharged purification system destroying 99% of all surface and airborne contaminants. This technology has been used in the space shuttle.



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## Touchless Technology



The club will be set up so that members and employees have limited touchpoints throughout the club. Motion-activated entries will be installed at many clubs and turnstiles at front desks will be removed. Additional efforts are currently being made to reduce touchpoints, such as interior doors and dispensers.

## Mandatory Thermal Body Temperature



Prior to entry, all employees and members will be required to undergo a non-contact, thermal body temperature reading. Any person with a temperature at or above 100.4°F will be denied entry to the club. Symptomatic employees and members will be instructed to stay home, even with mild symptoms.

## Personal Protective Equipment



All employees will be required to wear face coverings, and certain employees will be required to wear gloves, to limit the spread of germs. Face coverings for purchase and nitrile gloves will be available for members to use.

## EPA Approved Disinfectant

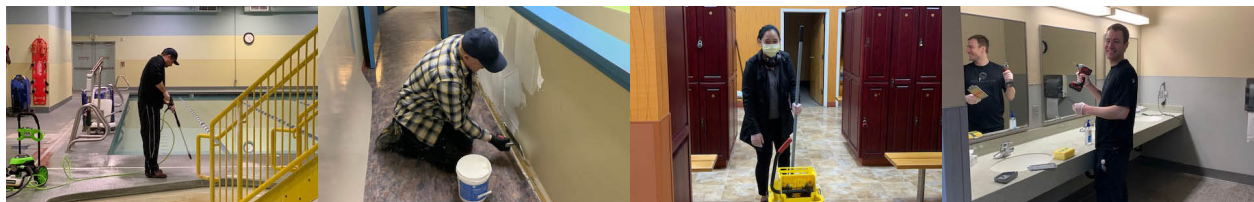


We use a cleaning product that has been approved by the EPA as effective at killing viruses including SARS Associated Coronavirus (EPA REG NO. 6836-349-4170), and is frequently used in hospitals. This cleaning product will be abundantly available throughout the club to employees and members.

## Expanded Disinfecting & Cleaning Procedures



Throughout the COVID-19 pandemic, TAC's entire team has been disinfecting and cleaning at the top of each hour. Each staff member will be assigned a designated area to disinfect in order to ensure we cover all touchpoints in the club. Higher traffic areas will be disinfected more frequently.



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## THE ALASKA CLUB COVID-19 MITIGATION PLAN - PHASE 1

At The Alaska Club (TAC) the safety of our employees and members is our top priority. Health and wellness are core to our mission. During the closure we have focused on deep-cleaning our facilities and making upgrades that will help protect the safety of our members during this uncertain time. Our team has also been working hard to formulate a detailed plan for reopening when new TAC protocols are in place and the government allows. This has involved daily conversations among our executive team, consultation of leaders in the fitness industry including cleaning industry experts, a commitment of 400K in additional expenditures, and difficult, but necessary, decisions that we believe will keep our employees, members and ultimately, our community protected.

In response to city and state guidance for reopening our business, TAC is planning to undertake the following actions to mitigate and protect members and staff amid the COVID-19 pandemic. These procedures reflect plans for the early stages of reopening.

TAC protocols focus on implementing the following:

- Reopening of selected clubs and facilities
- Mandatory thermal body temperatures for employees and members
- Strict social distancing for employees and members
- Increased and large-scale safety & sanitization protocols
- Mandatory Personal Protective Equipment for employees
- Closure of common area social infrastructure

We will continue to revise plans as additional guidance is received from government officials, the CDC and industry sources.

### EMPLOYEE PROTOCOL

- Prior to reopening the club, employees will undergo a training process so they understand all new protocols and procedures. This will include education on COVID-19 and how it is spread, importance of hand-washing and sanitization measures, new safety precautions TAC has implemented, and best practices for their safety and the safety of members.
- All employees will be required to wear face coverings to prevent the spread of germs.
- Employees will be required to undergo thermal body temperatures prior to their shift. They will enter through the main entrance (same as members) where their temperature will be obtained with a non-contact, touchless thermal scanner. If their temperature is at or above 100.4°F they will be sent home.
- A log will be kept notating date/name/time of all employees who undergo a body temperature reading. This log will be generated by the computer check-in software by the employee scanning a key tag/barcode linked to their profile.
- Throughout the day, employees will be expected and reminded to wash their hands regularly.
- Employees will be assigned designated areas to clean throughout their shift.
- Employees will be expected to enforce all policies among fellow staff and members, such as social distancing, capacity limits, and wearing of personal protective equipment.
- Staff will be instructed to stay home and not enter the workplace if they are sick, even with mild symptoms.



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- Symptomatic staff members will be sent home immediately and the areas they contacted will be sanitized.
- No employee may enter the club within 72 hours of exhibiting a fever.
- TAC will keep record of all sick leave making note of onset and symptoms.
- Employee gatherings will be limited and social distancing strictly enforced.
- Furniture in clock-in and breakrooms will be spaced and/or removed to promote social distancing and prevent employee gatherings.

## MEMBER PROTOCOL

- Mandatory thermal body temperatures will be taken for all individuals prior to entering club. These will be obtained by a staff member located in the entryway to each club with a non-contact, touchless thermal scanner.
- Any member with a temperature at or above 100.4°F will be required to provide a second temperature reading with a different thermometer. If their temperature still is at or above 100.4°F they will not be permitted inside the club. This protocol follows CDC guidelines.
- Each member will be given their own bottle of disinfectant to clean equipment after use. These bottles will be disinfected in between each use.
- Certain areas will be limited entry with strict capacity limits per mandates.
- TAC will provide face coverings for purchase for members.
- Gloves will be available upon request.
- Abundant signage will be placed throughout the club reminding members to social distance, wash their hands often, and follow capacity limits in designated areas.



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## GENERAL PROTOCOL

- Only certain clubs will open initially, and with limited hours: M-F 5a-8p, S-Su 8a-6p (hours will not change for clubs that had hours within these timeframes prior to closure)
- East, South/Summit, West, Club for Women, Eagle River, Wasilla, Palmer, Juneau Valley, Juneau Downtown, and Fairbanks South will open initially to evaluate execution of new procedures and protocols.
- Anchorage Downtown, Jewel Lake / Studio (yoga), and Fairbanks West will remain closed initially until procedures are dialed in.
- Occupancy will be reduced in accordance with mandates.
- Increased sanitization stations will be set up throughout the club with spray bottles, wipes and hand sanitizer available to members and staff.
- A cleaning product approved by the EPA will be used to disinfect all surfaces regularly.
- Members will be required to wipe down machines after each use with disinfectant.
- Team Clean “Top of the Hour” will continue where all club employees will disinfect high touch points at the beginning of each hour.
- Initially, water fountains will be unavailable.
- High touch points include, but are not limited to: doorknobs, doors, counters, sinks, toilet stalls, lockers, circuit machines, free weights, cardio machines, benches, hand rails, phones, computers, light switches, and trash cans.
- Abundant signage will be located throughout club reminding members of social distancing, and to wash their hands often.
- Digital screens will be utilized to provide members guidance on importance of washing hands, social distancing, and disinfecting machines.
- Floor decals will be used stating *Please stand here for social distancing* and placed throughout front desk, locker rooms and group fitness rooms.
- Initially, certain amenities will not be available; steam room, sauna, hot tub, lotion, q-tips, shaving cream, hairdryers, curling/flat irons, free coffee and earphones.
- Lost and found items will be sealed in plastic bags by employees wearing gloves.
- After-hours access will be suspended at West, Eagle River, Wasilla, and Juneau Valley.
- All secondary entrances will be disabled at West and Fairbanks South to ensure all individuals enter through the main entrance and provide thermal body temperatures prior to entry.
- All wall-mounted and floor fans will remain “off” and be removed to prevent accelerated spread of germs.

## LARGE SCALE SANITIZATION

- TAC will implement the use of large-scale sanitization sprayers to be used on all touchpoints in the club throughout the day, such as cardio machines, strength equipment, computers, door handles and the front desk area. These easy-to-use devices allow a steady stream of disinfectant to emit onto hard surfaces.
- Electrostatic sprayers have been purchased for use at all clubs. This cutting edge technology uses an electrostatically charged disinfect to sanitize hard surfaces using a hand-held sprayer. The touchless electrostatic technology allows the disinfectant to “wrap around” surfaces, such as gym equipment.
- Fogging machines emit small particles of sanitizing material into the air which bond to surfaces while killing bacteria and viruses and on surfaces to disinfect. At TAC, our fogging machines use



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a solution proven to eliminate harmful microorganisms. This process is non-toxic and leaves no chemical residue.

- We have installed air scrubbers in HVAC duct work at our clubs. This is a technology whereby microscopic oxygen and water molecules in the air enter the purification unit and pass through a matrix that transforms them into powerful oxidizers. Once released, they act as a supercharged purification system destroying 99% of all surface and airborne contaminants. This technology has been used in the space shuttle.

#### **HAND WASHING, HAND SANITIZER & SANITIZATION WIPES**

- Signage and educational material will be located throughout the club emphasizing the importance of hand washing to prevent the spread of germs.
- Employees will be expected to wash their hands immediately upon arrival to the club.
- Digital screens will remind members to wash their hands often.
- TAC has purchased bulk quantity of hand sanitizer and sanitization wipes that will be available throughout the club.
- Members and employees will be encouraged to use these products frequently and liberally.

#### **ENTRYWAY PROTOCOL**

- All entryways will be staffed to manage the entry of members in accordance with social distancing.
- Signage will be placed in all entryways informing members of TAC's mitigation plan and will state that any person with symptoms consistent with COVID-19 may not enter the club.
- Entryway will be equipped with hand-sanitizer.
- Many of our main doors will be equipped with touchless entry to reduce the spread of germs.
- If an entry has a 2<sup>nd</sup> door it will remain open to reduce touchpoints.
- Thermal body temperatures will be required for all members to gain entry to the club. These will be conducted by the staff member assigned to the entryway with a non-contact, touchless thermal scanner.
- Any member with a temperature at or above 100.4°F will be required to provide a second temperature reading with a different thermometer. If their temperature still is at or above 100.4°F they will not be permitted inside the club. This protocol follows CDC guidelines.
- Floor stickers will be used to create a holding pattern if a line forms outside the entryway or near the front desk.



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## **FRONT DESK PROTOCOL**

- The front desk staff member will give each member a handout stating TAC's new procedures and steps that have been taken to protect their safety in the club.
- Turnstile arms will be removed to reduce touchpoints.
- Hand-sanitizer will be available for member and employee use.
- There will be limited food & beverage service; bottled, pre-packaged items only.
- No cash transactions will be allowed to reduce touchpoints.
- Front desk staff will remind members to social distance if a line forms, and floor decals will instruct members where to stand.

## **LOBBY PROTOCOL**

- All furniture will be removed and TV's will remain "off" to prevent social gatherings.

## **PLAY CENTER PROTOCOL**

- Initially, all play centers will be closed.
- When open, all play centers will have limited capacity per mandates.
- Members will be encouraged to make reservations for their children to help staff prepare for and manage capacity.
- Children will be provided hand-sanitizer as they enter the kids club.
- All play structures will be closed to limit touchpoints.
- All group activities will be suspended.
- Toys and equipment will be disinfected hourly.
- Toys that cannot be disinfected will not be used and will be stored out of reach of children.
- The same parent that drops-off the child must also pick up the child.

## **KID ZONE PROTOCOL**

- Initially, all kid zones will be closed.

## **LOCKER ROOM PROTOCOL**

- Locker rooms will be open with limited amenities and capacity.
- Initially, certain amenities will not be available; steam room, hot tub, sauna, lotion, q-tips, shaving cream, hairdryers, curling/flat irons, free coffee and earphones.
- All furniture will be removed or blocked off to prevent social gatherings.
- At a minimum, high touch points in locker rooms will be disinfected hourly.

## **TANNING**

- Members will be asked to notify the front desk when session is complete so clean team can disinfect equipment.



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## **MASSAGE**

- Staff members and employees will be required to wear a face covering to prevent the spread of germs.
- Hand-sanitizer will be available for members and employees.
- Massage table and room will be disinfected after each use.
- Mitigation plan for massage protocol will be posted.

## **POOL**

- Initially, open swim will be suspended.
- Pools will open with limited capacity per mandates.
- Lanes will be limited to 2 people per lane for lap swim to promote social distancing.
- Water aerobics classes will abide by strict social distancing rules enforced by the instructor.
- Surveillance of water quality and chemical levels will be recorded every 2 hours.

## **GROUP FITNESS ROOMS**

- Online classes and pop-up events will continue.
- All classes will have limited capacity per mandates.
- Designated areas for each member will be clearly marked on the floor.
- Instructors will prompt members to wipe down equipment both before and at the end of class. If needed, classes will be shortened to allow time for this.
- Equipment will not be shared between participants.
- The use of props will be limited.
- Schedule of classes will be revised to allow for 30 minutes in between each class in order to sanitize the room.
- Initially, no circuit or kids classes.

## **SPIN ROOMS**

- Spin classes at Fairbanks South and Wasilla clubs will be temporarily suspended.
- A portion of bikes will be unavailable to promote social distancing.
- Unavailable bikes will have the seat removed and/or be removed from spin room.
- Instructors will prompt members to wipe down equipment both before and at the end of class. If needed, classes will be shortened to allow time for this.
- All wall-mounted and floor fans will remain off and be removed to prevent accelerated spread of germs.

## **CARDIO**

- In order to control social distancing, every third machine will be available. All others will be unplugged and off limits.
- TAC will not provide headphones for members to reduce touchpoints.
- All wall-mounted and floor fans will remain “off” and be removed to prevent accelerated spread of germs.
- Other areas of the club (i.e. basketball court, tennis courts) may be repurposed for the use of cardio equipment in order to socially distance members.



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### **FREE WEIGHT**

- All free weight areas will have limited capacity per mandates
- Capacity signs will be posted.
- TAC staff member will monitor this area to ensure capacity is not exceeded and social distance standards are met.
- Excessive equipment and benches will be removed to promote social distancing.
- Other areas of the club (i.e. basketball court, tennis courts) may be repurposed for the use of free weight equipment in order to socially distance members.

### **STRENGTH TRAINING**

- All plate-loaded strength training machine areas will have limited capacity per mandates
- Capacity signs will be posted.
- TAC staff member will monitor this area to ensure capacity is not exceeded and social distance standards are met.
- Members will be instructed to keep 1 machine between them and any other member at all times.
- Other areas of the club (i.e. basketball court, tennis courts) may be repurposed for the use of cardio equipment in order to socially distance members.

### **FUNCTIONAL TRAINING**

- All functional training areas will have limited capacity per mandates
- Capacity signs will be posted.
- TAC staff member will monitor this area to ensure capacity is not exceeded and social distance standards are met.
- Team training classes will be suspended.
- Other areas of the club (i.e. basketball court, tennis courts) may be repurposed for the use of functional training equipment in order to socially distance members.

### **PERSONAL TRAINING**

- Personal training sessions will adhere to strict social distance standards.
- Trainers will disinfect all equipment and props prior to the member using them.
- Trainers will be required to wear a face covering.

### **STRETCH AREAS**

- Equipment will be spread out to promote social distancing.

### **BASKETBALL COURT**

- Gyms will have capacity limits per mandates.
- No pick-up games allowed to promote social distancing and avoid touchpoints.
- If needed, the basketball court may be repurposed for equipment to promote social distancing.



## **RACQUETBALL**

- Each court will have a maximum capacity of 2 people to promote social distancing.
- No doubles will be permitted.

## **TENNIS**

- Tennis will be permitted with a maximum capacity of 4 players per court when playing doubles.
- Lessons will be permitted with strict social distancing rules.
- Tennis lounge will be closed and furniture removed to promote social distancing.
- Tennis viewing deck will be utilized for machine use only (no social gatherings).
- If needed, tennis courts may be repurposed for equipment to promote social distancing.

## **60 AND OVER AREAS**

- All 60 and over areas will have limited capacity per mandates, and have controlled entries to help TAC manage the flow of members in and out of the space.
- TV's will remain "off" to prevent social gatherings.
- Floor and wall-mounted fans will remain "off" and removed to prevent accelerated spread of germs.



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## THERMAL TEMPERATURE PROTOCOL

The guidelines below will be provided for staff members who take temperatures of members and employees entering the building. These guidelines were obtained from the CDC website.

### **Taking a client's temperature using a temporal thermometer.**

Temporal thermometers use an infrared thermometer to measure the temperature of the temporal artery in the forehead. Temperature takers should keep as much distance from clients as they can, wash their hands with soap and water or use alcohol-based hand sanitizer (at least 60% alcohol) regularly, and use gloves.

To use thermometer:

1. Turn on the thermometer.
2. Gently aim the thermometer on the person's forehead.
3. Remove the thermometer and read the number:
  - Fever: **Any temperature 100.4 F or greater is considered a fever. If a person's temperature is 100.4 F or higher, retake with a different thermometer. If it remains 100.4F or higher deny entry to club.**
  - No fever: People with temperatures at or below 100.3 F may continue into the club

## CONFIRMED COVID-19 CASE PROCEDURE

If TAC has an employee with confirmed COVID-19 and this employee has entered the club, the following steps will be taken immediately.

- CLOSE club
- Conduct a fogging of effected rooms used by infected employee
- Use Electrostatic sprayer on all equipment and touchpoints
- Health officials will be notified so contact tracing process can begin
- Club will re-open when disinfecting process is complete
- TAC will continue to work closely with local officials as needed to aid in contact tracing



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