# THE ALASKA CLUB COVID-19 MITIGATION PLAN

## **SUMMARY**

## Upgraded Safety & Sanitization Measures at The Alaska Club

## Mandatory Thermal Body Temperature



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

## **Entry Screening Questions**



Any person entering the club is required to answer screening questions related to potential COVID-19 contact and symptoms. (See Appendices A & B)

## **Electrostatic Sprayers**



This cutting-edge technology uses an electrostatically charged disinfectant 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 is conducted weekly at each club.

## **HEPA Air Filtration**



High Efficiency Particulate Air (HEPA) filters are located in all cardio and group fitness rooms at The Alaska Club to ensure clean, safe air for our members. These filters outclass other more traditional filtration systems such as MERV rated filters. HEPA filters capture 99.97% of particles with a size of 0.3 microns. Given their high efficiency, HEPA filters are

recommended for critical healthcare applications like isolation wards and COVID-19 patient rooms.

## 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.

## **Personal Protective Equipment**



All employees are required to wear face coverings, and certain employees are required to wear gloves, to limit the spread of germs. Face coverings for purchase and nitrile gloves are available for members to use. Per local mandates, Juneau and Anchorage area clubs require members to wear face coverings at all times, except when swimming or diving.



## **Strict Social Distancing & Capacity Reduction**

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

## Hand Sanitizer & Single-Use Sanitization Wipes



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

## **Sanitization Solution Sprayers**



TAC has implemented 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.

## **Touchless Technology**



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

## **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 is 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. This effort continues. Each staff member is assigned a designated area to disinfect in order to ensure we cover all touchpoints in the club. Higher traffic areas are disinfected more frequently.

## **Outdoor Workout Pavilions**



Over the summer, TAC set up outdoor workout areas at our East and South clubs to provide members the opportunity to work out in the fresh air. These pavilions had a wide range of equipment catering to different kinds of workouts, and were often used for group fitness classes and personal training sessions. The same cleaning and social distancing standards

applied to these areas, and they were monitored hourly at a minimum. Members who utilized the Outdoor Pavilions underwent the same entry screening process as members who worked out inside the club. TAC will reinstate the Outdoor Workout Pavilions during non-winter months.





### THE ALASKA CLUB COVID-19 MITIGATION PLAN

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 focused on deep-cleaning our facilities and making upgrades that help protect the safety of our members. Our team worked hard to formulate a detailed plan for reopening. Now that our clubs are open, we continue to evolve our safety measures as guided by city, state, CDC and industry sources. This process 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 keep our employees, members and ultimately, our community protected.

In response to city and state guidance, TAC has undertaken the following actions to mitigate and protect members and staff amid the COVID-19 pandemic.

TAC protocols focus on the following:

- Mandatory thermal body temperatures for employees and members
- Enhanced and additional air filtration systems
- Increased and large-scale safety & sanitization protocols
- Strict social distancing for employees and members
- Mandatory Personal Protective Equipment for employees
- Mandatory face coverings for members in Anchorage and Juneau clubs
- Closure of select common area social infrastructure
- Strict adherence to mandates and occupancy limits
- Shortened hours

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

#### **EMPLOYEE PROTOCOL**

- Prior to returning or beginning work, employees undergo a training process so they understand all new protocols and procedures. This includes education on COVID-19 and how it is spread, the 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 are required to wear face coverings to prevent the spread of germs.
- Employees are required to undergo thermal body temperatures prior to their shift. They enter through the main entrance (same as members) where their temperature is obtained with a noncontact, touchless thermal scanner. If their temperature is at or above 100.4°F they are sent home.
- An employee log is kept notating date/name/time of all employees who undergo a body temperature reading.
- All employees answer screening questions prior to entry. (See Appendix B)
- Throughout the day, employees are expected and reminded to wash their hands regularly.
- Employees are assigned designated areas to clean throughout their shift.



- Employees are expected to enforce all policies among fellow staff and members, such as social distancing, capacity limits, and wearing of personal protective equipment.
- Staff are instructed to stay home and not enter the workplace if they are sick, even with mild symptoms.
- Symptomatic staff members are sent home immediately and the areas they contacted are sanitized.
- No employee may enter the club within 72 hours of exhibiting a fever.
- TAC keeps record of all sick leave making note of onset and symptoms.
- Employee gatherings are limited and social distancing strictly enforced.
- Furniture in clock-in and breakrooms has been spaced and/or removed to promote social distancing and prevent employee gatherings.

#### MEMBER PROTOCOL

- Mandatory thermal body temperatures are taken for all individuals prior to entering club. These
  are obtained by a staff member located at the front desk with a non-contact, touchless thermal
  scanner.
- Any member with a temperature at or above 100.4°F is required to provide a second temperature reading with a different thermometer. If their temperature still is at or above 100.4°F they are not permitted inside the club. This protocol follows CDC guidelines.
- Members are required to answer screening questions prior to entry either in-person during check-in, or online within 30 minutes of their entrance to the club. (See Appendix A)
- Each member is offered their own bottle of disinfectant to clean equipment after use. These bottles are disinfected in between each use.
- Certain areas have limited entry with strict capacity limits per mandates.
- Members using Anchorage and Juneau clubs are required to wear face coverings at all times except when swimming or diving.
- TAC has face coverings for purchase for members.
- Gloves are available upon request.
- Abundant signage has been placed throughout the club reminding members to social distance, wash their hands often, and follow capacity limits in designated areas. (See Appendix C)



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#### **GENERAL PROTOCOL**

- Certain clubs have limited hours:
  - East, South, Summit, Club for Women, Juneau Downtown & Fairbanks South: M-F 5a-8p, S-Su 8a-6p
  - Anchorage Downtown: M-F 5a-7p
  - Palmer: M-F 5:30a-8p, S-Su 10a-4p
- Studio (yoga) remains closed.
- Occupancy has been reduced in accordance with mandates.
- Increased sanitization stations are available throughout the club with spray bottles, wipes and hand sanitizer available to members and staff.
- A cleaning product approved by the EPA is used to disinfect all surfaces regularly.
- Members are required to wipe down machines after each use with disinfectant.
- Team Clean "Top of the Hour" occurs hourly where all club employees disinfect high touch points.
- 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 has been placed throughout the club reminding members of social distancing, and to wash their hands often.
- Floor decals stating *Please stand here for social distancing* have been placed throughout front desk, locker rooms and group fitness rooms.
- Certain amenities are currently unavailable; steam room, lotion, q-tips, shaving cream, hairdryers, curling/flat irons, and earphones.
- Hot tubs are closed in Anchorage area clubs (per mandate).
- Saunas are open with limited capacities.
- Lost and found items are sealed in plastic bags by employees wearing gloves.
- All secondary entrances have been 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 remain "off" and have been removed to prevent accelerated spread of germs.

#### SAFETY LEADS

 TAC's Executive Team has designated a COVID-19 Safety Lead for each club location. This person is a manager-level employee (or higher) who is responsible for implementing and executing all aspects of TAC's Mitigation Plan. Any issues related to safety (cleanliness, adherence to club policies, COVID-19 exposure, etc) are directed to the COVID – 19 Safety Lead. (See Appendix D)

#### LARGE SCALE SANITIZATION

- TAC has implemented the use of large-scale sanitization sprayers that are 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 are used 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 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.
- High Efficiency Particulate Air (HEPA) filters have been placed in all cardio and group fitness rooms. These filters outclass other more traditional filtration systems such as MERV rated filters. HEPA filters capture 99.97% of particles with a size of 0.3 microns. Given their high efficiency, HEPA filters are recommended for critical healthcare applications like isolation wards and COVID-19 patient rooms.

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

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

#### ENTRY PROTOCOL

- Front desk staff manage the entry of members in accordance with social distancing.
- Signage is located in all entryways informing members of TAC's mitigation plan and states that any person with symptoms consistent with COVID-19 may not enter the club.
- Front desks are equipped with hand-sanitizer.
- Many of our main doors are equipped with touchless entry to reduce the spread of germs.
- Thermal body temperatures are required for all members to gain entry to the club. These are conducted by the staff member assigned to the front desk with a non-contact, touchless thermal scanner.
- Any member with a temperature at or above 100.4°F is required to provide a second temperature reading with a different thermometer. If their temperature still is at or above 100.4°F they are not permitted inside the club. This protocol follows CDC guidelines.
- Juneau and Anchorage area clubs require all members to wear face coverings or face shields to gain entry.
- Members are required to answer screening questions prior to entry. (See Appendix A)
- Floor stickers are used to create a holding pattern if a line forms near the front desk.



#### FRONT DESK PROTOCOL

- Handouts are available at the front desk explaining TAC's new procedures and steps that have been taken to protect their safety in the club.
- Turnstile arms have been removed at most clubs to reduce touchpoints.
- Hand-sanitizer is available for member and employee use.
- There is currently limited food & beverage service; bottled, pre-packaged items only.
- Front desk staff remind members to social distance if a line forms, and floor decals have been placed to instruct members where to stand.

#### LOBBY PROTOCOL

- Lobby furniture has been re-configured, and in some instances removed, to promote social distancing.
- The majority of TV's remain "off" to prevent social gatherings

#### PLAY CENTER PROTOCOL

- All play centers have limited capacity per mandates.
- In Juneau Anchorage are clubs, children 5 years and older are required to wear face coverings (per mandates).
- Members are encouraged to make reservations for their children to help staff prepare for and manage capacity.
- Children are provided hand-sanitizer as they enter the kids club.
- Ball pits are closed to prevent the spread of germs.
- All group activities are suspended.
- Toys and equipment are disinfected hourly.
- Toys that cannot be disinfected are not used and stored out of reach of children.
- The same parent that drops-off the child must also pick up the child.

#### **KID ZONE PROTOCOL**

• All kid zones have limited capacity per mandates.

#### LOCKER ROOM PROTOCOL

- Locker rooms are open with limited amenities and capacity.
- Certain amenities are currently not available; steam room, lotion, q-tips, shaving cream, hairdryers, and curling/flat irons.
- Hot tubs are closed in Anchorage area clubs (per mandate).
- Saunas are open with limited capacities per mandates.
- Furniture has been re-configured, and in some instances removed, to promote social distancing.
- At a minimum, high touch points in locker rooms are disinfected hourly.

#### TANNING

 Members are instructed to notify the front desk when session is complete so clean team can disinfect equipment.

#### MASSAGE

- Staff members are required to wear a face covering to prevent the spread of germs.
- Hand-sanitizer is available for members and employees.



- Massage table and room is disinfected after each use.
- Mitigation plan for massage protocol is posted in each massage room.

#### POOL

- Pools are open with limited capacity per mandates.
- At certain clubs, Open Swim duration has been reduced and has limited capacity.
- Lanes are limited to 2 people per lane for lap swim to promote social distancing.
- Water aerobics classes abide by strict social distancing rules enforced by the instructor.
- Surveillance of water quality and chemical levels are recorded every 2 hours.

#### **GROUP FITNESS ROOMS**

- HEPA air filters are located in all group fitness rooms.
- Online classes and pop-up events continue.
- Face coverings are required of all members in Anchorage area and Juneau clubs while participating in group fitness classes (per mandates).
- All classes have limited capacity per mandates.
- Designated areas for each member are clearly marked on the floor, allowing 10 feet between each participant.
- Instructors prompt members to wipe down equipment both before and at the end of class.
   Some classes have been shortened to allow time for this.
- Equipment is not shared between participants.
- The use of props is limited.
- Schedule of classes has been revised to allow for 15-30 minutes in between each class in order to sanitize the room.
- Circuit classes are temporarily suspended.
- All wall-mounted and floor fans remain "off" and have been removed to prevent accelerated spread of germs.

#### **SPIN ROOMS**

- Spin classes at Fairbanks South are temporarily suspended.
- A portion of bikes are unavailable to promote social distancing.
- Unavailable bikes have had the seat removed and/or have been removed from spin room.
- Spin instructor bike has been enclosed with clear plastic to help prevent the spread of germs.
- Instructors prompt members to wipe down equipment both before and at the end of class.
   Some classes have been shortened to allow time for this.
- All wall-mounted and floor fans remain "off" and have been removed to prevent accelerated spread of germs.

#### CARDIO

- HEPA air filters are located in all cardio rooms.
- In order to control social distancing, a limited number of machines are available for use. All others have been unplugged and are off limits.
- TAC does not provide headphones for members to reduce touchpoints.
- All wall-mounted and floor fans remain "off" and have been removed to prevent accelerated spread of germs.

• Other areas of the club (i.e. lounges, etc) have been repurposed for the use of cardio equipment in order to socially distance members.



#### FREE WEIGHT

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

#### STRENGTH TRAINING

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

#### **FUNCTIONAL TRAINING**

- All functional training areas have limited capacity per mandates
- Capacity signs are posted.
- TAC staff members monitor this area to ensure capacity is not exceeded and social distance standards are met.
- Other areas of the club (i.e. lounges, etc.) have been repurposed for the use of functional training equipment in order to socially distance members.

#### PERSONAL TRAINING

- Personal training sessions adhere to strict social distance standards.
- Trainers disinfect all equipment before and after client/member use.
- Trainers are required to wear a face covering.
- Virtual Personal Training is available (information on website)

#### **STRETCH AREAS**

- Equipment has been spread out to promote social distancing.
- Other areas of the club (i.e. lounges, etc.) have been re-purposed for the use of stretching areas in order to socially distance members.

#### **BASKETBALL COURT**

- Gyms have capacity limits per mandates.
- Per local mandates, pick-up games are not permitted in Juneau and Anchorage area clubs.

#### RACQUETBALL

• Each court has a maximum capacity of 4 people to promote social distancing.



#### TENNIS

- Tennis is permitted with a maximum capacity of 4 players per court when playing doubles.
- Lessons are permitted with strict social distancing rules.
- Tennis Lounge is utilized solely for players and coaches during matches. All other times it remains closed.
- During matches, spectators are limited to 1 per player.
- East tennis viewing deck has been utilized for machine use in order to spread out equipment.

## THERMAL TEMPERATURE PROTOCOL

The guidelines below are 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.

- The employee will be directed to self-quarantine away from work and provide documentation of their positive COVID-19 test to their supervisor.
- All individuals (members, employees and others) who had close contact with the employee who
  tested positive will be promptly notified and where required, local governments will be notified
  in accordance with health mandates.
- Management will conduct a fogging of effected rooms used by infected employee.
- Electrostatic sprayers will be used on all equipment and touchpoints.
- TAC will strictly adhere to local mandates with regards to a confirmed case and ensure all affected areas have been properly disinfected.

Employees that test positive and are symptom free may return to work when directed to do so by their medical care provider. TAC will require an employee to provide documentation from their doctor or a healthcare professional clearing their return to work.



## **APPENDIX A**

#### **Entry Screening Questions for Members**

#### 1. Have you been diagnosed with COVID-19 or tested positive for COVID-19?

If no, go to question 2)

If yes, then ask "Have you been cleared to discontinue quarantine since your positive test or diagnosis?" If yes to follow up question, go to question 2). If no to follow up question, do not allow entry

# 2. Have you had any COVID-19 symptoms in the past 72 hours and not been evaluated by a health care provider?

If yes, do not allow entry. If no, go to question 3)

For reference only if needed, symptoms include: new onset fever or chills; nausea, vomiting or diarrhea; persistent cough; loss of taste or smell; shortness of breath; sore throat

# 3. Within the last 14 days, have you had close contact\* with a person who tested positive or is presumed positive for COVID-19?

If yes, ask "on the date of your contact, had that person been cleared to discontinue quarantine by either a public health agency or their medical professional?"

If no, do not allow entry. If yes, take temperature. If temperature is below 100.4 then allow entry into facilities.

**NOTE:** If the member is a medical professional and answers yes, ask "*was your contact within the workplace and were you wearing appropriate PPE at the time of contact?*" If they respond "yes", the contact is not considered "close contact" and allow entry. If they respond "no" deny entry.

#### **\*\*\***For members entering the club wearing a face shield (no mask):

Are you in compliance with the municipal mandate requirements for the usage of a face shield instead of a mask?

If YES, allow entry

If **NO**, inform the member they need to wear a mask.



## **APPENDIX B**

#### The Alaska Club Employee Screening Log

Date: Location: Screener:					
The following questions should be asked by designated em 1) Have you been diagnosed with COVID-19 or tested pi					
If no, go to question 2) If yes, then ask "Have you been cleared to discontinue quarantine since your positive test or diagnosis?" If yes to follow up question, go to question 2). If no to follow up question, do not allow entry. 2) Have you had any COVID-19 symptoms in the past 72 hours and not been evaluated by a health care provider?					
For reference if needed: a) new onset fever or chills	b) nausea, vomiting, or diarrhea				
c) persistent cough	d) loss of taste or smell				
<ul> <li>e) shortness of breath</li> <li>3) Within the last 14 days, have you had close contact* positive by a doctor?</li> <li>If yes, ask "on the date of your contact, had the person public health agency or their medical professional?</li> </ul>					

Close contact is defined by the CDC as contact with: 1) a householder member, 2) intimate partner, 3) individual
providing care in a household without using recommended infection control precautions or 4) 15 minutes within
6 feet proximity of the individual within a 24 hour period

	AN EMPLOYEE ANSWERING YES TO ANY OF THESE QUESTIONS MUST IMMEDIATELY BE SENT HOME AND NOT BE ALLOWED TO ENTER PREMISES	POSI	COVID-19 POSITIVE?		SYMPTOMS PRESENT?		CLOSE CONTACT IN LAST 14 DAYS?		FEVER 100.4 OR GREATER?	
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## **APPENDIX C**







## **APPENDIX D**

#### **COVID-19 SAFETY LEAD**

Roles and Responsibilities

In order to ensure successful execution of The Alaska Club's COVID-19 Mitigation Plan, each club location has been assigned a designated *COVID-19 Safety Lead*. This person is responsible for implementing and executing all aspects of the plan.

The COVID-19 Safety Lead is expected to:

- Thoroughly read and understand The Alaska Club's COVID-19 Mitigation Plan
- Be a role model for safety by following all policies and procedures
- Monitor and enforce adherence to all policies and procedures
- Train club staff on the plan and importance of following safety measures
- Incorporate COVID-19 safety training into daily/weekly/monthly staff meetings
- Communicate directly with members and staff not following protocols
- Take corrective action when needed
- Regularly inspect facility to confirm plan details are being met
- Report to upper management when additional resources are needed to adhere to the plan

Due to your role as a manager at The Alaska Club, and your existing responsibilities with regards to safety and operations, you have been selected for the role of COVID-19 Safety Lead for The Alaska Club, Location: \_\_\_\_\_

Please print/sign below to acknowledge.

Name (printed):\_\_\_\_\_

Signature:\_\_\_\_\_

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