

**Ukiah Valley Athletic Club would like to propose:**

**This was a list that was sent to me, we have ways to make it even more stringent if required. (the - are the additional to what was suggested)**

- Hand sanitizer upon entrance.
- Increased hand sanitizer and hand washing on premises.
- Signage for compliance and education.
  - Additional staff on hand to verify and confirm compliance.
- No sick, or recovering members with illness allowed
  - Thermal imaging Camera at front desk to check for fevers. Staff will ask members a short health questionnaire to confirm no illness.
- Increased working space for classes as well as transition times
  - We were going to cancel all group fit classes where there is heavy breathing in the same room
- Enhanced disinfectant requirements for equipment handling by staff and participants
  - We already (prior to COVID-19) have ozonators that run everynight in the facility, and nearly all HVAC units have UV light disinfection in them so all return air is clean.
- End of day floor and equipment cleaning/ some increased professional cleaning contracts
  - We do end of day cleaning along with mid day cleaning of the facility (this would not change our already existing cleaning schedule)
- Observance of all public health recommendations regarding physical distancing
  - We would be willing to black out every other cardio equipment so social distancing would be easier to enforce.
- Decrease in class size
  - We would not allow any group fitness classes until further notice.
- Minimal equipment use or body weight workouts only
- Classes held outdoors as weather permitted
  - We would not be holding classes but having the yard to allow people a safe place to come and be poolside would be great. The virus does not live in a properly maintained pool. If you pull our Public health records our pools are maintained well.
- Requiring immunocompromised members to stay at home
- Providing “at home” workouts and virtual support
  - We are already providing this format and will continue it.

## **ADDITIONAL**

We would discontinue day use passes (until further notice) We typically have many people come from all over the north coast to use our facilities

We would discontinue Child care so kids are not mixing with other kids in an indoor setting.

We have a Thermal imaging camera at the entrance that will screen people as fast as they walk in, anyone with a temp would be confirmed and if a temp is confirmed not allowed in the gym along with a couple questions asked by staff as they come in.

With ozonators and the UV disinfection system in our HVAC our air in the facility is some of the safest air you can ask for.

We will have staff cleaning during open hours and reminding members to wipe before and after use to keep the contamination down.

Having the Saunas, kept at 180-200 the virus (from what i have researched) would not survive in that area.

Pools properly maintained do not allow the virus to live.

We would have occupancies in every room depending on your suggestion. Current state building code for a gym is 50sqft per person, we could easily double, triple, or quadruple that to maintain safe distance upon your request

We also have software to only allow a certain number of guests in every hour.

As you can see we at UVAC Strongly believe that our past cleaning procedures and what we can provide will have a huge positive impact on our community. We are the only warm water therapy in the area where people can come that are not able to work out on land. We provide a safe place to exercise and have always strived to maintain a safe, clean environment. We are more than a gym, we are more than a studio. This is the list of what we are able to do. We would love to adhere to whatever standards you list for gyms. We just took the list of requirements from all the other states that are allowing gyms to open and combined them all and created this list so it may be overkill but we are willing to do what we can to help our communities mental, physical health while flattening the curve. If we continue to be closed much longer a very valuable part of our community could be in jeopardy.

I understand that you can not do less than the state, but I would love to be on track and on record so when the state starts to allow facilities like this to open we can.

Thank you again for your time and support

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