A close up of a sign

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**Opening Update and COVID-19 Protocol**

Gold’s Gym Pocatello Members,

We cannot wait to welcome you back. With the expiring stay-at-home order we have been conferring with businesses in our community and across our industry, assessing the CDC and local health guidelines, the governors requirements for businesses to re-open and we feel that we have developed a plan that far exceeds any requirement to ensure both our member and team member safety. During the time we were closed we received a huge amount of support from you which we will be forever grateful for. It seems everyone was realizing the true benefits that come from living a healthy lifestyle expand way beyond physical appearance. From mental health, to stress management exercise helps people manage their daily lives with positivity. Another great benefit that has been consistently highlighted in recent times is increased immunity and decreased health risks such as obesity, respiratory issues and diabetes. We feel confident that our attached outlined plan provides us with the ability to safely open along with other small businesses effective **5 am on Tuesday (5/5)**. Please see the attached plan for our temporary operating hours and operating procedures.

As a locally owned franchise Gold’s Gym, we can’t thank you enough for your continued support. We know that we are truly Stronger Together. We have used our closed time efficiently to completely disinfect each and every surface and accomplish a few upgrades and improvements, we cannot wait for you to see them for yourself.

Membership billing will resume starting when we open, and we will have a list of credits available to chose from for anyone who had their billing on during the closed period. Paid in full memberships can pick from one of the credits or will automatically have their expiration date extended for the length of time we were closed. We understand that some members may need more time and we are able to freeze accounts longer upon request. Please reach out to us via email at [idahofalls@goldsgymidaho.com](mailto:idahofalls@goldsgymidaho.com) . We also still have the following at home and digital options available for free until the end of May to help you if you are still working out away from the gym.

Gold’s AMP Digital Personal Trainer – Free digital coaching until 5/31/20

[www.goldsamp.com/promo](http://www.goldsamp.com/promo) (Use Promo Code GP60)

Gold’s Gym On-Demand (includes Les Mills On-Demand). On demand content will continue to be added with-in the following categories: Bodyweight, Movements, HIIT, Core Strength, Fit Over 50, Strong at Home. [www.goldsgym.com/anywhere](http://www.goldsgym.com/anywhere)

We are so proud and thankful to be your health club of choice.

Stronger Together,

Kory and Ari Price

Gary and Leanne Price.

Gold’s Gym Pocatello Re-Open plan

Proudly locally owned and operated.

# Phase 1 – 5/5/2020

**Facility Guidelines:**

**Reduced Hours of Operation: Reduced hours allows us to perform deep facility cleans every night**

* Mon-Friday 5am-10pm
* Sat/Sunday 7am-7pm

**Check- In Process:**

* Members will use a touchless scan in process by scanning their barcode directly with the scanner. This ensures no touch from member to staff.

**Cleaning:**

* Continuous procedures before the mandated shutdown; all staff will be performing zoned cleaning every 30 minutes of all touch points in the gym.
* Along with the sanitation stations, members will be issued their personal bottle of disinfectant and a microfiber cleaning towel upon check in so they can clean each piece before and after use.
* Daily cleaning protocols have been doubled.

**Limited Services:** In phase 1 the following services will be unavailable.

* ALL Group fitness classes
* Childcare
* Racquetball
* Only every 3rd cardio machine will be turned on.
* Workout areas will be limited to a max space

**Member Code of Conduct:**

* Members must not enter if they show any of the following symptoms or have within the last 24 hours:
  + Cough
  + Shortness of breath
  + Fever
  + Chills
  + Headache
  + Sore Throat
* Members must adhere to strict physical distancing of no less than 6 feet. (excluding family members)
* All members are required to abide the posted cleaning and sanitation protocols
* Members may choose to wear face coverings

# Phase 2 –est: 5/18

**Facility Guidelines:**

**Reduced Hours of Operation:**

Changes to hours of operation will be determined at a later date

**Check- In Process:**

* Touchless check-in remains in effect

**Cleaning:**

* Cleaning protocols outlined in phase 1 are still in effect.

**Addition of limited services**

* Group fitness classes will resume with a participant cap
* Childcare will be limited to a max of 10 children and can be booked by appointment
* Racquetball
* Only every 3rd cardio machine will be turned on.
* Workout areas will be limited to a max occupancy that will be posted in each area

**Services still unavailable:**

* Senior Fitness Classes
* Only every 3rd piece of cardio equipment will be powered on
* Workout areas will still have max occupancy as posted in each area.

**Member Code of Conduct:**

* Member code of contact continues as outlined in phase 1

# Phase 3 – ETA Based on continued physical distancing guidelines

Normal club operations as outlined prior to pandemic.

All services available as normal.