



OXFORD ATHLETIC CLUB

COVID-19 Re-Opening Plan

New Oxford Athletic Club Guidelines for Cleaning and Disinfecting

We are in this together.

*We have been here for you for the last 22 years
and we will be here, when you are ready.*

As we think about the future of health and wellness, we recognize that we are all part of a larger community of organizations, cities, and individuals taking immediate, necessary steps to care for our well-being.

While distancing may be a part of our new normal, staying active and connected remain more important than ever. It is vital to our health to have a safe place to boost our immune systems as well as our mental and physical health through exercise.

That's why we are enhancing our spaces and services to protect the well-being of our OAC community—ensuring our members and employees can continue to exercise and practice a healthy lifestyle together.

We also need the help of our members to guarantee a safe environment by respecting each other's space and following our new initiatives. We thank everyone in advance for being a part of our team.





Our Enhanced Standards

Oxford Athletic Club is providing a heightened level of cleaning and disinfecting systems, limiting capacity throughout our club, and educating and enforcing a safe environment for our community.

We have aligned our standards with guidance from the Center for Disease Control (CDC), World Health Organization (WHO), and local government.

Preparing for a new health club environment.

We are making space and service updates to maintain hygiene, safety and physical distancing best practices in three ways:



Increased sanitation

We've implemented heightened cleaning measures to ensure the health and wellbeing of our employees and members. We are disinfecting equipment more frequently, adding sanitation stations to provide easier access to sanitation products, and using technology to improve our overall cleaning, sanitation and disinfection strategy.



Prioritizing personal space

Taking advantage of the size of our facility, various exercise formats have been relocated to allow for the maximum number of members while providing personal distancing space according to the guidance of the state and local government.



Behavioral signage + enforcement

Although we are cleaning thoroughly and often, we still need our members' help to keep our facility clean and sanitized for each other. Our "Health Guards" will reinforce this new member code of conduct while performing their continuous clean shift. We will also have strategically-placed signage to serve as friendly reminders that the well-being of our community depends on all of us to do our part.

Increased Sanitation



Knowledge is power. We want our members and employees to know they are safe in our club. For us to ensure their safety, we must understand the difference between effective cleaning, sanitizing, and disinfecting. This will now be a vital part of each team member's position. Being able to distinguish between these methods and implementing them effectively will help us kill viruses, such as COVID-19 and prevent its spread.

Clean

What it does:

Removes soil, dirt, and debris from surfaces. It does **not** kill microorganisms.

What products do you use?

Soaps, detergents, water and microfiber towels to physically remove soil, dirt, and debris from surfaces. Clorox 31428 Disinfectant Wipe are available to members and staff to clean before and after every use.

Why clean?

Cleaning **lowers the count of germs by removing them** from a surface, not necessarily killing them.

Sanitize

What it does:

Kills a high percentage (99.9%) of microorganisms on surfaces.

What products do you use?

Heat (i.e. steam, hot water, and hot air) and requires at least 171° surface contact or an EPA (Environmental Protection Agency) registered product with specific contact time to kill microorganisms on surfaces.

Why sanitize?

Sanitizing **reduces and kills the amount of germs** on a surface to a safe level recognized by the EPA, but it does not eliminate the occurrence and growth of bacteria, viruses, and fungi.

Disinfect

What it does:

Kills a higher percentage (99.999%) of microorganisms on surfaces.

What products do you use?

Disinfecting uses an EPA registered product Ecolab Peroxide Multi Surface Disinfectant 1.3L – 2min kill time for all high touch areas to kill harmful microorganisms, like bacteria and pathogens on surfaces.

Why disinfect?

Disinfecting reduces and kills the amount of germs on a surface to a safe level recognized by the EPA, **and reduces the occurrence and growth of bacteria, viruses and fungi.**

"Interval" Team Cleans



Just like there are many health benefits to interval training, we determined that timed interval cleaning also provides health benefits to ensure each area of the club is not only clean, but germs and viruses are killed with hospital-grade disinfectant.

A team approach means that this is not a one department show. Every member of our front line and management staff will be scheduled to clean and disinfect high traffic areas every three hours beginning at 8:00 AM, for example:

- ✓ :00- :15 First + Second Row of Cardio, Upper Body Strength, Front Desk
- ✓ :15- :30 Third + Fourth Row of Cardio, Lower Body Strength, Fitness Desk
- ✓ :30- :00 Fitness Accessories

Timed intervals will also mean certain pieces of equipment usage will be paused for 15 minutes to allow for proper disinfecting.

Before the club opens, after the club closes, and between 1PM – 1:30PM everyday our team will perform a thorough and deep cleaning of the club.

Sanitation Stations + Quick Stops



Additional disinfectant wipes and hand sanitizers have been added throughout the club to make cleaning after your workouts easy and convenient.

Sanitation station

- New cleaning protocol communication
- Disinfectant wipes + trash can
- Hand sanitizer
- Paper Towels

Quick stops

- Disinfectant Wipes + trash can
- Hand sanitizer

****Members will be required to clean their workout equipment and space with provided disinfectant wipes before and after each workout.**

Enhanced Products & Technology



Building upon the OAC's already recognized high standards of health, safety and cleanliness- we've taken them to the next level with the following products and technology.

Disinfectant wipes

Our disinfectant wipes, approved by the EPA and proven to kill 99.99% of bacteria, viruses and fungi on equipment will be provided throughout the club for members and employees to keep the club clean before and after each workout.

Hospital-grade disinfectant

Hospital-grade disinfectant has always been a staple of the OAC's cleaning protocol. We recently upgraded to Hi-Con PF which is on the EPA list to kill viruses, including COVID- 19. Our team will use this disinfectant at regular intervals during the day and once overnight. Some equipment will be sectioned off during this time to facilitate the deep cleaning.

OMNISHIELD Surface Solution

OMNishield forms a covalent bond with a surface and creates a micro biostatic antimicrobial coating. The coating forms a nano-bed shield of spikes, each of which carry a positive charge that attracts the negatively charged bacteria. This coating lasts up to 90-days and is the leading product in the industry.

Prioritizing Personal Space



Knowledge is power. We will follow all federal, state, and local regulations as it pertains to building capacity, as well as the spaces within the facility. The CDC recommends, and local regulations require, six feet of space and masks in public spaces and. We will adjust all protocols as needed.

Facility Capacity & Access

- We will limit the number of members in the building based on federal, state, and local government regulations.
- Touchless doors are available at the main entrance with our automatic doors.
- Studio fitness classes will have a reservation system and a limited number of participants based on size of room, if required, and class formats will be designed accordingly.
- The Kid Zone will have a reservation system and a limited number of children, if required, and activities will be designed accordingly.
- Guests will not be permitted when we first re-open and all guest packages expiration dates will be extended.
- New member tours will be by appointment only.

Community Spaces

- Masks will be available and required for employees.
- Masks will be required for all Members as they move throughout the facility.
- Tables and chairs in the café and loungers outside at the pool will be adjusted to provide seat to seat distancing.
- Markers will be near the front desk and where lines naturally form to guide members, such as outside of group fitness.
- Open fitness floors will be redesigned for spatial distancing and members will be required to keep 6 feet of space between each other.
- "Get Healthy & Stay Healthy" signage will serve as reminders throughout the club.

Behavioral Signage & Enforcement



Knowledge is power. We will communicate final opening procedures via email and our website, oxfordathleticclub.com as well as our Facebook page. Friendly reminders will also be placed throughout the club. Please share club communications with colleagues and community members to spread the word of our safe reopening plan.

Health & Safety Signs: There are new signs throughout the club noting directional walking paths, age and member restrictions, sanitation schedules, and more. If you find there are questions that are not addressed clearly, please send those questions to feedback@oxfordathleticclub.com.



Policies New and Old: There will be a "new normal" going into our post-COVID-19 world. Some policies may be lifted, but some may stay enacted permanently for the continued safety of our members. We kindly ask that while you're at Oxford we each remain courteous of each other's space, safety practices, and their level of comfortability in the club. Although we know everyone has personal levels of comfort, we will be asking members to abide by our policies and to be mindful of others as you move throughout the club.

Be kind and be courteous of the spatial barriers and comfort levels of others. By supporting and respecting the views and preferences of others we create a safe and healthy environment.

"Health Guards"



"Health Guards" will be working throughout the club

We will have team members throughout our facility cleaning and disinfecting throughout the day, known as "Health Guards". Their job is also to enforce member cleaning after each workout and to answer any questions that may arise. Each team member is empowered to have friendly conversations with other employees or members if they see any safety issues.

Documentation & Communication

To keep consistent communication with members, our team will document any issues and/or questions that arise throughout their shift to submit to our management team. If a member does not comply with the new code of conduct our management team will reach out to the member to answer any questions they may have and ensure future compliance. We will continue to use this information to improve the safety of our OAC community.

Safety in your favorite spaces.

As we navigate the evolving realities of COVID-19 and the reopening of our club, we are looking ahead to what the future may look like for us. Our teams are working tirelessly to be ready for whatever comes next, but we will continue to update you and change our policies based on the direction provided by the CDC and federal, state, and local government. Amenities and programs will depend on their guidance.

We appreciate your help and understanding as we continue to strive to be better than we were yesterday. This is our promise to you.

We'll see you at the club.

Main Entrance

The main entrance to the club will be ready for you, when you are ready to join us! As you know, our main entrance is sensor-based and will continue to have a touchless access system.



- Employee temperatures will be checked daily. Face masks and gloves will be provided whether required or desired.
- Members will be assessed upon entering. Touchless thermometers will be used to check each member's temperature.
- All members will be asked to present their Member I.D., appointment reservation confirmations (if applicable), and more.
- New member oaths will be signed by each team member and member to solidify our joint effort to keep our community healthy and safe.

PERSONAL PROTECTIVE EQUIPMENT (FOR MEMBERS) WILL ONLY BE REQUIRED BASED ON GOVERNMENT REGULATIONS.

Locker Rooms

Locker rooms allow members to have convenient self care before and after their workouts. It has always been a focal point of our cleaning protocols and we will continue to have heightened cleaning and disinfecting throughout the day with EPA-registered, virus-killing disinfectants. The locker room will be a focal area for our intensive cleaning efforts.

- To practice social distancing, upper lockers will be available and spaced out.
- Every other shower will also be in use.
- Sauna and steam room will not be available for use upon first opening.
- Towels will not be provided in Phase I of reopening. We ask that members bring their own towels.



Fitness Center

In addition to the regular cleaning schedule, a “clean team” will come in every three hours (or based on volume) to disinfect equipment and mats. Measures are also being taken to help practice social distancing.



- Equipment will be spaced or marked for social distancing.
- Sanitation quick stops will be located throughout for easy access to sanitation wipes and hand sanitizer.
- Compliance ambassadors will be available for cleaning and to ensure all members and employees are following proper safety protocols.
- Members are expected to keep six feet of distance from other individuals on the fitness floor.
- Disinfecting intervals scheduled regularly.

BASED ON GOVERNMENT GUIDELINES, CAPACITY WILL BE ENFORCED IF REQUIRED

Studio Fitness

As a community fitness focal point, we created ways to maintain the connection, energy and inspiration from others while limiting social distancing. Nearby signage will act as friendly reminders of new capacity and hygiene standards and instructors will enforce new protocols before each class begins.

- ❑ All classes will have a reservation system through the website OxfordAthleticClub.com to allow for proper planning.
- ❑ Capacity in each studio will be modified by the square footage of the room - reducing occupancy.*
- ❑ Instructors will clean and disinfect the high touch areas, such as light switches, handles, and touch screens after each class.
- ❑ Each studio will have sanitation quick stops for cleaning equipment, mats and hand hygiene.

*Subject to change based on government regulations.



Kids Zone & Youth Programming

As a family friendly club, we understand how important it is to feel safe bringing your little ones with you while you exercise. Enhanced protocols will be implemented consistent with CDC guidelines, cleaning practices and social distancing. We will utilize other spaces within the club to accommodate more children while complying with spatial distancing recommendations.

- Childcare will be reservation only through the website OxfordAthleticClub.com to allow for proper planning. Children will only be released to the same member who signed them into the Kid Zone.
- Kids ages 3 to 13 years will be permitted to utilize the Kid Zone or Youth Activity Zone.
- Children ages 6 – 13 are not permitted to sign themselves in and out of the Youth Activity Zone. Parents/guardians will need to sign these age groups in and out.
- Capacity in each space will be reduced to 50% to ensure safe social distancing.
- Toys that are not easily cleaned will be removed from the space.
- To allow for social distancing and additional cleaning practices, activity schedules and operating hours may be modified.
- Kids are NOT permitted to bring any personal items including but not limited to toys, sippy cups, water bottles, bags, electronics, etc.
- Social distancing will be practiced during check-in/checkout, including the use of floor markers and friendly signage as reminders within the Kids Zone area.



Indoor Pool

Our indoor pool is ready and waiting to welcome you back. We will continue to follow and exceed the board of health requirements and CDC guidelines to ensure your safety.



- Open swim, swim team, lessons and other programming will be added back consistent with government orders and guidelines.
- Capacity restrictions will be implemented in all aquatics areas.
- Discontinued use of shared equipment and toys.
- Hourly sanitation of all high-touch surfaces with EPA-registered, virus-killing disinfectant.
- One way entrances and exits will be utilized to control social distancing.
- New sanitation stations will be located within family locker room and pool deck.

Outdoor Pool

Following all guidelines provided by the CDC and Board of Health, we will continue to provide a safe and healthy outdoor space the same as inside, following spatial distancing and new disinfectant protocols.

- All employees will be required to wear masks. Gloves will be required as needed.
- Continuous scheduled disinfecting of all shared surfaces every 30 minutes.
- Social distancing guidance if a line forms at the entrance or rest rooms.
- Members will be escorted to groups of chairs by a host.
- Loungers and chairs will be spaced to be six feet apart so families can be together and be spatially distanced from others.
- Loungers will be cleaned and sanitized after each use.



The playground will remain closed until restrictions have been lifted. These rules are subject to change as the reopening of our county evolves based on State Governance & CDC compliance.

Café & Communal Spaces

We have increased all sanitation protocols provided by the CDC and will continue to provide café food and beverage service in alignment with the department of health.

- All employees will be required to wear gloves and masks.
- Continuous scheduled disinfecting of all shared surfaces every 30 minutes.
- Social distancing guidance if a line forms.
- Designated order pickup zone for each order.
- Tables will be spaced to be six feet apart so families can eat together and be spatially distanced from others.
- Tables and chairs will be cleaned and sanitized after each use, with interval disinfectant scheduled every 3 hours.





OXFORD ATHLETIC CLUB

*Thank you in advance
for following these
guidelines and we
can't wait to have
you back in the club!*

