

The EDGE Reopening Protocols & Guidelines for Members

Our number one priority is the health and safety of our EDGE community. Read on for details about our new safety protocols and guidelines:

Updated July 20, 2020

Cleaning and Sanitation

Cleaning Protocols: In addition to existing cleaning protocols, during open hours, all common spaces and equipment, including bathrooms, frequently touched surfaces, doors and equipment, will be cleaned regularly and, when possible, prior to transfer from one person to another, in accordance with CDC guidance. Designated areas will be closed during the day to allow for deep cleaning.



Disinfection Procedures: EPA-registered, medical-grade disinfectants which are designated effective against the COVID-19 virus will be used for all continuous and deep-cleaning purposes. We will be introducing atomizer back-pack foggers that allow us to disinfect large areas effectively and efficiently. We will also be using UV sanitation throughout the facilities.



EDGE PURE Sanitation Stations: Stations with disinfectant sprays and touchless hand sanitizer dispensers will be placed throughout the facility. Members will be asked to use disinfectant spray on equipment before and after use. Members will be asked to use hand sanitizer frequently throughout their visit.

Health Checks

Health Declaration: Members and employees will be required to complete a mandatory Health Declaration at the Front Desk upon arrival. The four question Declaration will confirm that they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.

Temperature Checks: Members and employees will have body temperatures taken prior to entering the club via contactless thermometers. Per CDC guidelines, individuals with a temperature of 100.4 degrees or greater will not be permitted entry to the club.



Reopening Protocols & Guidelines for Members

Notifications: Members will be asked to alert the Club Manager (contact information can be found on the homepage of our website) if they test positive for COVID-19 within 14 days of their last club visit. We will then communicate with the VT Department of Health to ensure proper steps are followed, including contact tracing.

Personal Protective Equipment (PPE)

Face Coverings: Everyone is required to wear a face covering while inside any EDGE building, *except* when you are actively engaged in exercise with a minimum of six foot physical distancing. Physically distant exercise includes group fitness classes, swimming, tennis, fitness floor cardio and weight equipment when used by oneself. During exercise activities where a six foot distance is not possible including Physical Therapy, Personal Training and weight equipment with a partner, members and staff must wear a face covering. All EDGE employees will be provided with face masks, which will be required to be worn at all times. *Eastwood Location:* Due to member requests, the Fitness Floor at our Eastwood facility will require face coverings to be worn at all times, including during exercise. We will post helpful tips and reminders on how to exercise safely with a face covering.



Physical Distancing



EDGE Safe Tracks: All employees and members must observe strict physical distancing of at least six feet at all times. To assist with this, physical distancing traffic pattern instructions will be installed on the floor and signs will be posted on walls. These cues will be found throughout the clubs including in hallways and Group Fitness studios.

Go Contactless

Front Desk: To minimize contact, we have implemented touchless check-in and payment options, including discouraging the use of cash. We will also provide waivers electronically that can be accessed via smart phone or tablet.



Reopening Protocols & Guidelines for Members

Touchpoints: To minimize touch points, we have installed new contactless sink faucets, soap and paper towel dispensers, and contactless water bottle refill stations.

Carry In/Carry Out: To minimize contact, we will be discontinuing towel service and lock service. Members are encouraged to bring their own mats, towels and water bottles. Touchless water bottle refill stations will be available.

Temporarily on Hold

Services Suspended: During our initial reopening period, the following will be closed:



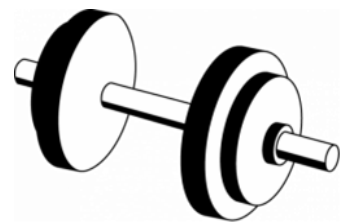
Locker rooms (limited use), showers, saunas, lockers, hot tubs, basketball courts and racquetball courts. These areas are closed based on guidance provided by the State until further notice. The gymnasium at our Essex location and the Field House in Williston have been re-purposed to either house fitness equipment or host group exercise classes to allow for physical distancing.

Front Desk Etiquette

Check In: Health Declaration and temperature checks will be required at the front desk immediately upon entering the club. Touchless check-in and plastic barriers (“sneeze guards”) will allow for safe entry. Members will be asked to complete an updated electronic waiver form prior to their first return visit. This waiver can be completed on a smart phone or tablet. Members will be asked to confirm or update their contact information upon check in so we can maintain adequate records for contact tracing purposes.

Cardio & Strength Area Etiquette

Safe Spaces: The Field House in Williston has been re-purposed to house fitness equipment to allow for mandatory physical distancing and will have several **EDGE PURE Sanitation Stations** throughout. Other fitness areas have also been rearranged for health and safety purposes. The fitness centers in Essex and South Burlington will require reservations prior to use due to the size of the space and capacity to allow for mandatory physical distancing. Reservations can be made up to four days in advance.



Equipment Use: To further reduce touch points, we have removed equipment sign-up sheets. Equipment will be first come – first served. Members will be asked to use disinfectant spray on equipment before and after use.

Group Fitness Etiquette

Safe Spaces: In person, instructor-led classes are being held in our Essex gymnasium and Williston field house. Virtual classes are being held in our Essex group exercise and cycle studios.

Capacity: Group Fitness areas will have limited attendance based on studio size with a maximum of 25 people; squares will be marked on the floor to ensure physical distancing of six feet or more between participants. Reservations will be required for all classes and can be made up to four days in advance. Instructors will direct members to gather equipment and return equipment one by one to avoid grouping.

Disinfecting: Class schedules will be created with 15-30 minute breaks in between to allow for staggered exit/entrance, and cleaning/disinfecting protocols. To reduce contact, members will be asked to bring their own mat and towel.



Pool Area Etiquette

Safe Spaces: To ensure physical distancing, lap pools will have a maximum of one person per lane. Reservations will be required for all pools (lap pools, program pool, splash pool) and can be made up to four days in advance. Members will be asked to read and follow all posted instructional signs throughout the pool area. Members must rinse off before entering the pool using the showers on the pool deck.



Equipment: To reduce contact, aquatics equipment will not be available for member use. Members may bring their own equipment such as kickboards and noodles.

Locker Room Etiquette

Amenities & Safety: Locker rooms will be open for members for bathroom use only. Lockers, showers, saunas, suit spinners and hair dryers will not be available during the initial reopening period. For safety, members will be asked to continue to observe physical distancing of at least six feet between one another while in the locker rooms.

Specialty Programs & Activities

“Arrive, Play, and Leave”: As recommended by the State of Vermont, members will be asked to arrive, participate in the fitness activity and leave. Groups may not congregate before or after. Only those members that are actually exercising will be allowed inside the facility. Members and parents will not be allowed to wait in lobbies, hallways or reception areas.

Be Smart, Stay Safe

EDGE Health Ambassador: EDGE Employees have been trained as EDGE Health Ambassadors. The EDGE Health Ambassador is responsible for ensuring compliance with mandatory health and safety requirements from the State and as outlined in The EDGE COVID-19 Program and Exposure Control Plan. Members will be required to comply with all direction given by EDGE Health Ambassadors.

Stay Safe: We advise all employees and patrons to adhere to the State of Vermont Executive Orders as it relates to COVID-19 (linked below). In particular, precautions to take to ensure health and safety. Older adults (age 65 and over), and people with underlying medical conditions, like heart and lung disease or diabetes, are more likely to develop severe illness. Per guidance from the CDC, those individuals should continue to shelter in place, and family and friends should do everything they can to help keep them safe.

<https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-staysafe-order>

References:

Health and Safety requirements are continually changing. This document was prepared 6/24/2020. Changes will occur that are not reflected in this document. For updated protocols, please visit www.edgevt.com.

For more information regarding COVID-19, please visit the following websites:

[Vermont Department of Health](#)

[Centers for Disease Control & Prevention](#)