



CODE OF COOPERATION

Your health is our top priority and in accordance with governmental orders and guidelines, we are pleased to announce a carefully planned, comprehensive approach to reopening. We will work together, staff with members to cooperatively ensure everyone's well-being.

WE ARE:

Preparing for Your Return

In addition to following CDC guidelines, Shasta Athletic Club is taking extra precautions to help our members and staff stay safe and healthy. This includes extensive cleaning protocols and social distancing practices within all areas of the Club.

Taking A Comprehensive Approach

We continue to follow stringent protocols for proper disinfection and sanitation, operation and maintenance, as well as adding additional procedures and staff to achieve a new level of cleanliness.

Adding More Deep Cleans

We have expanded the sanitation/disinfection of high-touch surfaces. Hours and schedules have been adjusted to allow for daily and overnight deep cleaning.

Enhancing Our Procedures

EPA-registered disinfectant that kills the Covid-19 virus with hospital grade ELECTROSTATIC Spraying are being used.

Providing More Self-Cleaning Stations

20 stations have been strategically located with equipment sanitation spray and wipes in close proximity to all equipment. Hand sanitization units are conveniently located in over 20 locations throughout the club. Please use them.

Implementing A Safer Way to Be Together

We are taking careful actions to facilitate social/physical distancing. Look for extra signs to guide you through each space and help us all practice social/physical distancing.

Prioritizing Staff Safety

Shasta Athletic Club is dedicated to the health and safety of our entire community, including our great staff. In addition to adapting the environment in which they work to help ensure adequate spacing, personnel will be encouraged or required to wear masks and self-temperature checks will be taken at home or prior to each shift in keeping with government orders and guidelines.

Providing Additional Equipment Spacing

You will likely notice increased spacing between equipment and within workout areas to allow for appropriate social distancing. Various signs will indicate the equipment in use and those pieces that will be rotated into use. Additional signs will instruct you to respect each others distance and use of only certain pieces of equipment.

Modifying Group Fitness Classes

Group fitness classes may require reservations, and schedules will be adjusted to be consistent with governmental orders and guidelines and to allow for thorough cleaning between classes. We have put a condensed schedule in place that still allows for the most popular styles of classes along with the faces you are familiar with. (See schedule) Look for floor indicators in your class, placed 6 feet apart to help practice social/physical distancing.

Equipment, when applicable, will be laid out for you at the beginning of class.

Classes will be spaced at least 30 minutes apart to allow for the sanitizing of the room and equipment.

More information on how to make class reservations will be coming soon.

Adjusting Our Kids Klub

To help our children practice social/physical distancing, we will dedicate other areas of the club for playtime, and schedule will be adjusted to be consistent with governmental orders and guidelines. We will remove hard to clean toys as an additional precaution. A clean, safe environment is always a priority for little members. Reservations may also be required.

Modifying Locker Rooms

To practice social/physical distancing, only certain lockers will be available and spaced out accordingly.

Based on governmental orders and guidelines, signs will be posted indicating restrictions for the jacuzzi, pool and saunas We will perform frequent sanitization of shared surfaces using EPA-registered, virus-killing disinfectants

Providing a More Personal Personal Training Experience

Staff will clean and wipe down each piece of equipment before and after each use.

To protect members and trainers, we will practice social/physical distancing of 6 feet during 1:1 sessions, eliminate any physical contact and masks will be encouraged or required.

When available, training may be done outdoors or in other areas in the club to help encourage health and safety.

Adjusting Pool and Racquetball Court Usage

Open swim, classes and other programming will be added back consistent with governmental orders and guidelines Capacity restrictions will be implemented in all aquatics, basketball and racquetball areas.

Proactively Monitoring Your Membership

All monthly dues payments were stopped on March 17th the day we had to suspend operations. All Paid in Advance memberships will be extended for the length of the closure. We will begin to bill your dues again one week after we re-open. Please insure your billing information has not changed during this inactive time. If you have any questions, need adjustments or financial consideration to continue to continue your membership please contact our Member Services office directly. (Reception Desk will not be able to assist with related issues)

Be Here, Be Well



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WE ASK THAT OUR MEMBERS:

Respect Physical/Social Distancing

We know you are excited to see your workout buddies again. However, for the health and safety of all members and staff, please take social/physical distancing seriously and abide by club signage and equipment selections. Where signage is not posted, please adhere to the minimum 6' rule.

Take A Concerned Approach

Please utilize the Sanitation Stations that have been provided and strategically placed throughout the facility. Both before and after using a piece of equipment, please take the time to wipe it down thoroughly and dispose of the items properly in the provided trash receptacles. If you are unsure of how to properly use the sanitizing wipes or equipment, please ask a team member for assistance.

Sanitize Often

Upon entering the facility, please sanitize your hands immediately and make good use of our Sanitation Stations throughout the facility during your workouts. Wash your hands with soap and warm water for at least 20 seconds prior to leaving the facility and for good measure sanitize them again as you leave.

Help Us, Help You

If you see something, say something. No, we are not asking that you approach other members and enforce our code, But if you see a piece of equipment or part of the facility that may need some attention, please notify us immediately. The more eyes we have monitoring the facility, the better we can serve you. If for some reason you feel as though there is a safety concern in regards to another member not doing their part, please do not approach them, but instead, notify us so we may address it.

Be Patient With Others

The club should be a safe haven and welcoming environment for all. This includes our hard working and caring staff members. Please understand that with some of these new guidelines you may need to wait a little longer for assistance or will be required to adjust your schedule or workouts. We ask that you treat all other members and our staff with respect and dignity and appreciate your patience as we navigate this new terrain together. And as always, should you have a suggestion, please let us know.

Self Regulate Your Health

We are not medical professionals, but are required to follow local, state and federal guidelines for health and safety. Therefore if you have SYMPTOMS OF ANY KIND: fever of any degree, cough, runny nose, etc- Please do not come to the club. STAY HOME. Seek the help of a medical professional before resuming your workouts here at the gym. If for some reason you do test positive for COVID19 and have visited the gym, please notify us immediately so we can take even further action for the safety of our fitness family.

Limit Use of Kids Klub

If you need to utilize the services of our Kids Klub, we ask that you understand our need for strict adherence to our NO SICK CHILD policy. Each child may be subject to a Temperature Check, and if we suspect or notice any possible symptoms: cough, fever, runny nose- we will deny entry and ask for your understanding in the matter. Limited reservations may be required so please be understanding and patient with this process. We are highly sensitive to the needs of our young members and appreciate your cooperation.

Understand Your Responsibility

By returning to the facility, I understand that I must do my part to help keep the facility open, and to keep myself and my fellow members and staff safe and healthy. I agree to abide by the Code of Cooperation and in light of the COVID-19 pandemic, I reaffirm the Waiver which I executed on my original Member Agreement, and voluntarily assume the risk of use of these facilities.

As we navigate through the reopening of our Club, there will likely be some new challenges and adjustments to daily operations.

Amenities and programming will vary with time and be consistent with governmental orders and guidelines. We appreciate your help and understanding as we work through this time together.

Be Here, Be Well

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