



## **Max Level Fitness & Athletics Post-COVID-19 Reopening & Business Protection Plan**

**Industry:** Private Gym/Specialty Adult Fitness & Youth Athlete Training Facility

**Phase 2:** Professional Services (Specialty, Licensed, Insured)

**Anticipated Reopening:** June 1st, 2020

### **MLFA's 5 Main Protection Points:**

1. Professional Sanitation
2. Temperature Monitoring
3. No Shared Equipment
4. Social Distance, No Contact and Reduced Density
5. Readily Accessible and Available PPE

### **Detailed Plan Overview:**

- Max Level Fitness & Athletics (MLFA) coaches and members are already required to clean and sanitize all equipment and surfaces used during workouts. Starting the week of 5/11/2020, MLFA will have comprehensive professional cleaning and sanitizing services from KPM Restoration three times a week, which will continue when reopened. Additional ongoing daily sanitization and weekly cleaning lists will also be completed.
- MLFA is already an appointment-based training facility. Members will continue to be required to sign up for all classes and trainings in advance with a new maximum of 8-10 people (TBC depending on CDC guidelines). This is more than a 50% reduction in capacity. Class and training options will be reduced and shortened to 45 minutes from 60 minutes for the time being in order to reduce density of members.
- Members will be asked to arrive at least 10 minutes before their workouts in order to have their temperature taken with a contactless thermometer, wash their hands and confirm their personal, sanitized equipment for use during their workout.
- No equipment will be shared. Equipment will be thoroughly cleaned and sanitized before and after each use. Members will be encouraged to bring their own equipment and required to bring their own water and towel with them.
- Members will adhere to social distancing requirements, remaining six feet apart, and will have no contact with others.

- Our facility remains well ventilated with high ceilings, regular air duct maintenance and four doors for maximum air flow. Additionally, outdoor space will be used as much as possible, as weather permits.
- Bulk professional sanitation supplies and alcohol-based hand sanitizer have already been purchased and will be readily available. Additionally, masks and gloves will be available should they end up being required. However, we do not foresee masks as feasible while working out and based on the research we've seen reported by the media, or gloves necessary if equipment is sanitized and not being shared. Still, this PPE will be provided for our coaches should they be recommended or required, as well as for members should they request them.

MLFA is confident we can protect our coaches and members, as we always have, upholding extremely high cleanliness and sanitation standards. Our training facility is safe and we will continue to update our processes to lower the risk of COVID-19 and any other infection in our business. We are prepared to reopen and we are certain we can continue supporting the health and fitness of our local community safely and within CDC guidelines.

**Reasoning for Reopening:** MLFA is not a gym, it is a specialized training facility. We use more space than equipment and members are guided and coached through workouts; they are not just using equipment with the masses and in consistent close proximity like traditional “cookie cutter” gyms. In the grand scheme of things, MLFA’s original fitness training style and standards have always been more sanitary, safe and effective than not only most gyms, but also most industries.

**About Max Level Fitness & Athletics:** MLFA specializes in adult functional fitness and youth athlete training, achieving maximum fitness potential and sustaining long-term results. We’re a community grounded in service, education and working with local specialists, empowering adults, athletes and entire families to be the best versions of themselves - every day. Is your goal weight loss, building strength, sports performance, injury rehab, or just an overall healthier lifestyle? MLFA has fun and results-driven strategies to help you achieve your MAX level.

Visit: [www.yourmaxlevel.com](http://www.yourmaxlevel.com) for more information

Located at 165 High Rock Ave, Saratoga Springs, NY 12866

*This plan is tentative as of 5/7/2020. to be updated based on formal plan requirements.*