

# ***Platinum Fitness***

Platinum



Fitness

Platinum Health and Fitness  
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Platinum Health and Fitness is committed to providing a safe environment for our members, clients and employees to help prevent the spread of COVID-19. For over 5 months while we have been closed, we have made numerous adjustments throughout the facility to ensure everyone's safety. Please note that we will be reopening in phases. Each phase will bring back more of our offered services. The following plan will be implemented and followed at our facility at all times.

Please note everything in **BOLD** is a government/CDC mandated policy

### **Social/Physical Distancing:**

We are committed to ensuring that members, clients and employees comply with the social/physical distancing requirements by:

- Mandating **6 feet of distance** between individuals, unless safety or core function of the work activity requires a shorter distance.
- Requiring tightly confined spaces to be occupied by only one individual at time.
- Operating at a **maximum capacity of 33% (50 People)**.
- Posting social/physical distancing signs that denote 6 feet of spacing in commonly used and other applicable areas on site.
- Limiting in-person gathering as much as possible.
- Regulating walking traffic by marking arrows to indicate which direction to walk while in the facility.
- Posting stickers and signage throughout the facility reminding clients/members to socially distance.
- Posting floor stickers at the front desk counter to indicate where people should stand.
- Removing all seating areas.
- The majority of our lockers are blocked off, but we have kept a few within social distance limits open.
- Requiring members and guests to **wear masks at all times** while in the facility, including while working out. Please note that **bandanas, buffs, and gaiters are not considered acceptable** face coverings for use in gyms.
- Mandating front desk employees will wear gloves at all times.
- Requiring all membership questions, alterations, and cancellations to be done by email, to limit congregation at the front desk and in the facility.

### **Hygiene and Cleaning:**

To ensure members, clients and employees comply with hygiene and cleaning requirements, Platinum Fitness will do the following:

- Adhere to hygiene and sanitation requirements from the CDC and DOH.
- **Equipment will be cleaned after every use.**
- Maintain a cleaning log onsite that documents the date, time and scope of cleaning.
- **Provide and maintain hand hygiene stations**, including handwashing with soap, water, and paper towels, or hand sanitizer for areas where handwashing is not feasible.
- Post hygiene and cleaning signs to remind everyone to adhere to the cleaning measures.

- Our filtration system (HVAC) is **operating at a MERV-13**.
- Require members to wipe down their equipment before and after use. We have provided additional sanitation supplies throughout the gym.
- Conduct regular cleaning and disinfection at least after every shift, daily, or more frequently as needed. Frequent cleaning and disinfection of shared objects and surfaces as well as high transit areas, such as restrooms and common areas, must be completed.

### **Screening:**

In order to keep all members, clients and employees as safe as possible, we are taking the below screening measures which will allow or deny entry into the facility:

- **Maintaining a continuous date and time log** for everyone that has entered the building.
- Implementing a **mandatory health screening** to anyone entering the facility. This will include a questionnaire and a temperature check. The individual must answer “no” to every question and have a temperature below 100.4 F.
- **Local inspection from the health department** within two weeks of opening to ensure compliance with state and local laws.
- If a worker tests positive for COVID-19, they will not be allowed back into the facility until their quarantine is completed and we will immediately notify state and local health departments and cooperate with contact-tracing efforts.
- Should an employee test positive for COVID-19, we will immediately shut down the facility for two hours and clean the entire establishment. We will work through our schedule and log to trace back anyone who may have been in contact with that employee.

### **New Operating Protocols:**

Unfortunately due to the strict restrains enforced by the government and by us to adhere to the safest and best practices, Platinum Fitness is going to look a little different in the beginning of our reopening. Our goal is to gradually add back in our services as we are one hundred percent certain it is safe. We do not have a return date for these services, but we hope to bring them back as soon as possible in different phases.

- Classes are temporarily suspended.
- **The water fountain will be shut down**, but our water bottle refill station will remain open.

### **Billing:**

When we closed on March 16<sup>th</sup> we froze everyone’s memberships and training packages. Our plan is to unfreeze all memberships when we open on August 24<sup>th</sup>. All accounts will be pro-rated so no one will have paid for time during the shutdown (3/17/20 - 8/24/20). If anyone has any questions regarding their membership, we ask that you email us at [platinumfitnessny@gmail.com](mailto:platinumfitnessny@gmail.com) instead of calling or showing up at the facility in order to limit congregation in the facility and to allow our staff to fully engage in cleaning procedures.

## While We Were Closed:

We have waited over five months for this day. While we were waiting to reopen we did everything we could to improve the facility. While closed, we:

- Installed new air filters.
- Completed preventative maintenance and additional deep-cleaning and disinfecting of the facility.
- Added additional spray bottles.
- Updated to new 5,000k LED lighting.
- Expanded and remodeled our Physical Therapy room.
- Remodeled our classroom.
- Added a “PF” mural.
- Repainted interior walls in high traffic areas.
- Repainted exterior building.

## Conclusion:

At Platinum Fitness, we have always taken pride in the cleanliness of our facility. We are sure we will be able to open with a seamless transition. Our goal is to ensure our employees, clients and members are all as safe as possible. We hope the measures we are taking in order to reopen help guarantee a safe return back to a healthy lifestyle.

Please Be Kind (help keep us a place where people can relieve their stress and anxiety, safely with no judgment), Be Considerate (wipe down equipment and machines thoroughly before and after use), and lastly Be Mindful (maintain 6 feet distance from each other and if you are not feeling well, please stay home).

During these difficult times we ask that everyone helps to do their part to keep each other safe and healthy, and to allow our facility to remain open! We are excited to once again have the opportunity to contribute in a positive way to each of our employees, clients and members lives!