



WELLNESS

STRATA FIT: IN-PERSON FITNESS & COVID-19 PRECAUTIONS

Welcome back, Members, Resort Guests, and Athletes!

Dear Members, Resort Guests, and Athletes –

We look forward to continuing to serve you within the STRATA Fit Fitness Center at Garden of the Gods Resort and Club. We have been hard at work making the gym more spacious, cleaner, and sanitary than ever before and to help keep our Members, Resort Guests, Athletes, Team Members, and Community safe.

STRATA Fit relaunched in-person operations beginning on Monday, June 8, 2020, at 6AM.

Please note, advanced reservations are required for all workout appointments – as fitness logistics have evolved to best serve you and your safety. Please read below to learn more about the revised operations, instructions on how to make a workout reservation, and what to expect before and during your fitness experience.

WELCOME.

As we continue operations with COVID-19 precautions in place, your gym experience has been reimaged to support physical distancing, manage the number of Athletes inside STRATA Fit, and allow more time for thorough cleanings and at regular intervals throughout the day – all to provide a comfortable, convenient, and confident workout environment.

In addition to the physical and mental health benefits that our fitness facilities and activities can provide Members and Athletes who have been strictly adhering to At Home orders, STRATA Fit has equipped its operations in a way that allows Athletes to use the facilities while still maintaining physical distancing protocol and following all necessary health precautions. We continue to follow the guidelines and regulations put forth by the Center for Disease Control and Prevention and state and local authorities, including Executive Orders and the El Paso County Public Health Department.

Equally important, masks must be worn at all times in the STRATA Fit Fitness Center accordingly to the Colorado State COVID-19 Health and Safety mandate. Should an Athlete feel that he / she is unable to workout while wearing a face covering, we kindly ask that the Athlete defer from utilizing the facilities until able to wear a mask at all times.

The steps outlined involve easily achievable goals, such as limiting the number of Athletes permitted in the gym and ancillary workout spaces and allowing Athletes to schedule workout times in advance via a call-in reservation system. **Please read below for the comprehensive roadmap to an enhanced fitness experience – safely and responsibly.**

HOURS OF OPERATIONS.

STRATA Fit will be open **Monday – Sunday, 6:00AM – 7:00PM**, beginning Monday, June 8, 2020. For November and December, revised operational hours are in place during the holidays. Holiday schedules are posted within STRATA Fit.

Workouts are for **45-minute time durations**, and appointment reservations and start times are at the top of the hour: 6A, 7A, 8A, 9A, 10A, 11A, 12P, 2P, 3P, 4P, 5P, 6P.

Fitness Team Members will announce a **five-minute time warning at 00:40** as a signal to begin wrapping your workout, performing cool down, and finishing stretches. Exit promptly at the end of workout via the Garden Room double doors.

Following each 45-minute workout session, **we will close for 15-minute intermissions before and after workouts** to ensure the exercise facilities are clean, sanitized, reset, and ready to go for the upcoming Athletes. In addition to existing continuous cleaning protocols, we have added a rigorous, deep-cleaning, and disinfecting process; designated areas of STRATA Fit will be sectioned off and temporarily closed to facilitate the cleaning process, specifically as a mid-day clean and **turnover between 1P-2P.**





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WORKOUT LOCATIONS.

STRATA Fit has equipped its operations in a way that allows Athletes to use the facilities while still maintaining physical distancing protocol and following all necessary health precautions. Physical distance has been placed between equipment and machines to help you workout with comfortability and total confidence.

Additionally, signage will be posted as reminders of important protocols – like maintaining a safe physical distance, sanitizing hands frequently, cleaning the equipment before and after use, and respecting areas, reservations, and workout times that have been redesigned to provide all Athletes with ample workout space. Signage is available on alternating pieces of equipment and are rotated throughout the week to allow equal usage on all equipment.

Physical distancing cues will be marked. Physical distancing signs will show which equipment is not available for use, and signs will be placed throughout to remind members to wipe down equipment before and after use. To further facilitate physical distancing, a reduction in equipment availability may occur on certain days; select non-use equipment will be clearly identified with marked signage. Sliding doors (windows), where applicable, will be opened to increase ventilation.

Each gym location may welcome up to (10) Athletes per 45-minute appointment time.

RESERVATIONS.

To best serve our Athletes, a workout reservation system has been implemented.

To reserve your workout appointment, please call STRATA Fit at 719-329-4009 and speak with a Fitness Team Concierge to sign-up and reserve your workout appointment. At least two-hour advanced booking is required.

Reservations will open on **Sundays at 10:00AM** for the proceeding week ahead (Monday – Sunday).

Reservation appointments are on a first come, first serve basis. Athletes will be allowed to work out once per day, and make reservations for multiple days during the open enrollment week.

When calling to reserve a workout appointment, please be prepared to provide your:

- First and Last Name
- Preferred Workout Day, Date, and Time (only for the enrolling week)
- Athlete Type: Garden of the Gods Resort and Club Member or Resort Guest

Also, the reservation system will capture a waitlist – should a specific workout location and day / time reservation maximum be met. No-shows and multiple cancelations will be monitored; please be respectful to fellow Athletes.

ENTRANCE AND EXIT.

Entry will take place through the Fitness Center Main Entrance and exiting will occur via the Garden Room double doors. For your health and safety, please help to adhere to these dedicated ingress and egress guidelines.

ARRIVAL.

Please arrive five minutes prior to your reserved appointment time. Upon arrival, Athletes will:

- Undergo temperature and symptom checks;
- Acknowledge a Health Declaration by tapping their Member Card / Fob (for contact-free check-in); and,
- Reconfirm compliance with wearing a face mask while working out.

Athletes and Team Members are required to have their temperature checked prior to entering STRATA Fit and acknowledge a required Health Declaration before each workout visit to confirm they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.

Athletes will be asked to use hand sanitizer when entering STRATA Fit and frequently throughout their visit. The hand sanitizer solution is above and beyond the CDC's guidelines of 60% ethyl alcohol.

Updated: November 23, 2020



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WHAT TO BRING WITH YOU.

In addition to your own Member Card / Resort Room Card, water bottle, mat, and headphones, please bring your own face covering.

LOCKER ROOMS.

As of this date, STRATA Fit locker rooms are open – with limited amenities and limited number of occupants at a time. Locker room vanities, restrooms, showers, changing spaces, and lockers are available for use; wet steam rooms and the hot tub remain closed per state guidelines.

The number of Athletes permitted per locker room is a maximum of (3) athletes at one time.

The Garden Room restrooms, including additional vanities and toilets, remain available for use also.

CONTACT US.

STRATA Fit and fitness reservation appointments can be made via phone at 719-329-4009. Voicemails will be monitored and returned promptly.

THANK YOU!

On behalf of all of us on property and your Wellness Team, thank you for your excitement in remaining fit and strong.

Together, we have experienced unique times over the past several months. And while we have been physically separated from one another, our Member and Athlete community has remained close to our hearts.

The commitment we share to strength, power, health, and happiness shine bright.

We look forward to seeing you soon – securely, responsibly, and with lots of air high-fives!

Wishing you wellness,

Grant Jones
Vice President of Wellness

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