

# Information on the reopening on 11 May 2020 and the BodyWorx protection concept

Dear BodyWorx members

Note: the German newsletter is available on the German web site

Next Monday, 11 May 2020, we are pleased to reopen our BodyWorx fitness centres. We are all very much looking forward to it. Now we have to ensure a very safe fitness operation.

Therefore **we as the BodyWorx team** - as well as you as members - are challenged!

**We all must and will take each other into consideration.**

**We ask you to note that the legal requirements for the mandatory protection concept are very extensive. It is our concern that our members are fully informed.**

This newsletter lists the points which will apply from 11 May 2020. Some points are **mandatory** - other points are **only to be understood as recommendations**.

First of all we are pleased to state that BodyWorx members can enjoy various benefits:

- Thanks to the large area in the BodyWorx Steinhausen (@ 4-Towers) our members can train with a lot of space
- All areas in the BodyWorx Steinhausen are extremely well ventilated and partially air-conditioned
- No reservations necessary - in BodyWorx there is no need to reserve strength and endurance training in advance (no time slots) as the maximum number of people allowed is unlikely to be reached
- We assume that there will be no waiting periods for our members
- In total, more than 260 people can train at all BodyWorx locations simultaneously (Steinhausen, Rotkreuz, Zug and Baar).
- In Steinhausen we have 120 free parking spaces

The reopening will take place in stages at our various BodyWorx locations.

The reason is that we (and our members) want to gain experience with this extraordinary situation. We will only be able to do this if we take the necessary time.

The following points are discussed below (these are not exhaustive) - we recommend that you read the newsletter in its entirety - if necessary, a printout of this newsletter should be made:

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### Reopening BodyWorx-Steinhausen

Date	Time	Object
From 11 May 2020	07.00 o'clock	reopening
From 13 May 2020	16.30 o'clock	Timeless-Spa opening
From 18 May 2020	06.00 o'clock	usual opening hours
From 18 May 2020	various	start group fitness (details to follow)

### Reopening BodyWorx-Rotkreuz (Eastside) und Zug (Westside)

Date	Time	Object
18 May 2020	10.00 o'clock	reopening
25 May 2020	06.00 o'clock	usual opening hours

### Wiedereröffnung BodyWorx-Baar

Date	Time	Object
25 May 2020	10.00 o'clock	reopening
29 May 2020	06.00 o'clock	usual opening hours

## ***The opening hours explained in detail!***

11.5. to 17.5.2020 Steinhausen: Mo to Fr from 07.00 o'clock and Saturday/Sunday from 08.00 o'clock  
From 18.5.2020 Steinhausen: Mo to Fr from 06.00 o'clock (\*)

18.5. to 24.5.2020 Rotkreuz: Mo to Fr from 10.30 to 14.00 o'clock and from 16.00 to 21.30 o'clock  
From 25.5.2020 Rotkreuz: Mo to Fr from 06.00 to 21.30 o'clock (\*)

18.5. to 24.5.2020 Zug: Mo to Fr from 10.30 to 14.00 o'clock and from 16.00 to 21.30 o'clock  
From 25.5.2020 Zug: 24 hours (24h) (\*)

25.5 to 28.5.2020 Baar: Mo to Th from 10.30 to 14.00 o'clock and from 16.00 to 21.30 o'clock  
From 29.5.2020 Baar: Fr from 6.00 to 21.30 o'clock and Sa and Su 08.00 to 21.30 o'clock (\*)  
From 01.6.2020 Baar: Mo to Fr 6.00 to 21.30 o'clock / Sa and Su 08.00 - 21.30 o'clock (\*)

**(\*) Return to normal opening hours - as until and including 16 March 2020**

### **Important notice for members Rotkreuz, Zug and Baar:**

Due to the special location, members of Rotkreuz, Zug and Baar (exclusively with subscriptions taken out before 16 March 2020) may also train at the Steinhausen location (@ 4-Towers).

Rotkreuz and Zug	from 11 May 2020 until and including 25 May 2020 (in Steinhausen)
Baar	from 11 May 2020 until and including 29 May 2020 (at all locations)

### **Timestop / invoicing**

The timestop will apply from Tuesday, 17 March 2020 until and including Sunday, 10 May 2020.

**The time credit has already been booked and all subscriptions were extended accordingly by these 55 days.**

Since the time stop has been booked, we will start again with the normal billing in the next days.

We would like to thank all members who paid their subscription invoice in the period from 17 March to 10 May 2020. Thank you very much for your trust!

## Maximum "number of people" per BodyWorx location

In our different rooms (Timeless-Spa, course rooms, showers, toilets, etc.) posters with the "maximum number of people" are hung up. These specifications must be strictly adhered to. We will check whether these specifications are adhered to!

**Thanks to our large areas, almost all equipment is positioned according to the regulations. The distance of 2 metres is maintained throughout. For the endurance equipment, the breathing volumes were also taken into account. All mandatory requirements are fully complied with.**

Any equipment which could not be positioned according to the instructions is marked with a red and white band and is blocked accordingly.

More than 200 training stations (strength and endurance equipment as well as functional training utensils) are available at the BodyWorx in Steinhausen.

It should also be noted that we will be programming our check-in system in such a way that an "automatic access stop" will occur as soon as 90 % of the "maximum number of people" has been reached. This applies to all BodyWorx locations. The exact number of "maximum number of people" is recorded in the protection concept of each BodyWorx location.

### BodyWorx Steinhausen (@-4Towers)

Due to the mandatory requirements, the BodyWorx in Steinhausen may accommodate **154 training people** at the same time (including the BodyWorx team). This number can increase if some people are in the Timeless-Spa and/or participate in a group fitness course.

Some information about this:

- Total area about 3200 m<sup>2</sup>
- around 240 available strength, endurance and other fitness machines (e.g. functional training)
- The pure training area is 2360m<sup>2</sup> (without cloakrooms, WC, solarium, massage room, course rooms, timeless spa, side rooms and areas - such as children's play corner, etc.).
- For each person present, an area of 12m<sup>2</sup> has to be calculated - rounded up this results in a maximum number of 197 persons, who in principle could train simultaneously in the BodyWorx (in relation to the pure training area).
- In the BodyWorx Steinhausen all endurance and strength equipment is positioned in such a way that mandatory regulations (the 2m distance and the breathing volumes (for the endurance equipment) are fully complied with (also applies to the outdoor park and functional training area).
- As a result, we have around 200 training stations on the pure training areas, which can be used according to specifications. The 2m distances are marked everywhere.
- This means that 154 people can train at the same time.
- The protection concept stipulates that only the smaller number (i.e. 154 and not 197 persons) is allowed.
- In addition, more people can be added, e.g. waiting area (maximum of 5 persons), Timeless Spa (around 10 people), course rooms (if courses take place - maximum of 5 people per course room 1 and 2 as well as Cycling Lounge - does not apply outside of the times when no courses take place).
- We will of course implement these specifications 100%.

### **BodyWorx Express Rotkreuz (@-Eastside)**

In Rotkreuz we have around 80 fitness machines on an area of around 800 m<sup>2</sup> (with air conditioning). It follows that in Rotkreuz "the maximum number" will be around 44 people (at the same time in the centre).

### **BodyWorx Express Zug (@-Westside)**

We have around 40 fitness machines in Zug on an area of around 300 m<sup>2</sup>. It follows that in Zug "the maximum number" will be around 17 people (at the same time in the centre).

### **BodyWorx Express Baar**

In Baar we have about 50 fitness machines on an area of about 360 m<sup>2</sup>. From this it follows that in Baar "the maximum number" will be around 22 people (at the same time in the centre).

### **Telephone inquiries about "number of persons" in the respective BodyWorx fitness centres**

Of course you can find out in advance by telephone (041 749 97 77) how many people are already in the fitness centre (depending on the location). Thanks to our modern member administration software, we can provide the appropriate information. We provide this information exclusively by telephone.

### **Locker rooms**

The framework concept of the Federal Office of Sports (FOSPO) stipulates that those who train should already come to BodyWorx "ready for training". The reason for this is to avoid overloading the locker rooms (2m distance).

### **Mandatory points (not exhaustive)**

- The instructions of the BodyWorx team must be followed and adhered to
- The "Risk assessment" form must be completed at each visit (see separate version)

### **Recommended points / Journey to BodyWorx (not exhaustive)**

- The member should already come to BodyWorx "ready for training", so the locker rooms are not overloaded (2m distance)
- If possible, use individual arrival options - 120 free parking spaces are available in Steinhausen!
- Avoid crowds of people on the training area and in the locker rooms
- Each member should set a maximum training duration for himself. We recommend that between 17.30 and 19.30 o'clock the training sessions should be max. 90 minutes (BodyWorx 4-Towers) or 75 minutes (BodyWorx locations Rotkreuz, Zug and Baar) (see also point below).

## Mandatory hygiene rules

The regulations of the Federal Office of Public Health (FOPH) must always be observed:

- 2m-distance
- not to touch the face
- thorough hand-washing
- every device **MUST** be disinfected by the member **BEFORE** and **AFTER** training - this applies to both endurance and strength equipment (incl. e.g. dumbbells, etc.) - this rule is not new, but has always applied at BodyWorx
- The minimum size for a towel is 45 x 90cm (for training)
- The minimum size for a sauna towel is 80 x 200 cm - for the use of the Timeless-Spa at least 2 sauna towels must be taken along (incl. "bathing slippers")
- Towel and/or sauna towels can be rented at BodyWorx

For the "2m distance" and for "not touching the face" we have had special posters printed. These are hung up in our premises. In addition, the new FOPH posters (pink) can also be seen.

## Form "Risk assessment and health triage" (mandatory by law)

This form must be completed, signed and handed in at each BodyWorx visit (at each location). The form is available at each location and can be completed on site.

This form can also be found on the homepage (link: <https://www.body-worx.ch/en/house-rules/>) and printed out (see «Corona-Form»)

Please note that we only accept members for training who submit the form correctly (incl. name, first name, YES/NO, date and signature).

Actually it is unnecessary - but we write it anyway. Who

- feels sick or
- (mostly dry) cough,
- sore throat,
- shortness of breath,
- fever or feeling of fever or
- muscle aches

is not allowed to train and must necessarily stay at home. We will not admit members who show such symptoms. Should a member show such symptoms, he or she will be rejected. We must also provide this person with the information sheet "Instruction: self-isolation of the FOPH".

In the case of unattended opening hours (see above section "Opening hours explained in detail"), the form must be placed in the appropriate mailbox.

**This mailbox is located at the entrance of each BodyWorx location and is marked with "Form Risk Clarification".**

Please note: There will be a follow-up check by us! Whoever has trained and has not handed in the form will be contacted by us. In case of a renewed "non-submission" - the member must unfortunately be blocked.

## **Recommendations for "endangered persons»**

With the form "Risk assessment and health triage" we also have to identify the "particularly endangered persons". We are obliged to make a recommendation in this regard.

We recommend these persons (e.g. over 65 years of age, or with high blood pressure, diabetes, cardiovascular diseases, chronic respiratory diseases, diseases and therapies that weaken the immune system, cancer) to avoid the times between 17.00 and 19.30 o'clock (especially between Monday and Thursday).

## **Confidentiality of personal data**

All forms are archived daily outside of BodyWorx. Only people who are not employed by BodyWorx have access to this room. All forms will be destroyed immediately if the law explicitly allows this.

## **Traceability of trainers**

One of the central themes of the protection concept is (according to the framework protection concept of the FOSPO) the possibility of tracing the trainers. With our member administration software we have always been able to fulfil these mandatory requirements without any problems.

## **Wellness at the Timeless Spa ([www.timeless-spa.ch](http://www.timeless-spa.ch))**

The Timeless Spa will be open from Wednesday 13 May 2020, daily from 16.30 to 21.00 o'clock. We apply the protection concept for wellness facilities. Persons who wish to visit the BodyWorx exclusively in the Timeless Spa are also welcome. The person who is in the sauna is not considered a trainer in the actual sense.

Access is only possible with the permission of BodyWorx - you have to register at the reception and you will receive a numbered entrance pass. After visiting the Timeless-Spa you have to return this entrance pass (for disinfection). The door to the Timeless Spa cannot be opened from the outside.

Changing clothes has never been allowed in the Timeless-Spa. Changing is only allowed in the locker room. Of course you have to take a shower before the first sauna session (also applies to the steam bath).

The number of persons is defined for the entire wellness area as well as for the individual saunas (incl. steam bath) or relaxation room. The permitted number of persons is indicated at each door. The "Panta Rhei room" remains closed.

The obligatory sauna towel rules (incl. footwear) have already been categorised above.

## **Group Fitness**

Definitely will not be held "SYNRGY" and "Burning Butt" courses. Further course offers (Yoga, Pilates, Hot Iron) will now be discussed internally. It is imperative that we adhere to the following points:

- Maximum 5 persons (incl. instructor) per course room
- 30-minute interval between the end and start of courses
- the 2m distance must be maintained BEFORE, DURING and AFTER the courses

It follows that we need to adjust the timetable for the group fitness courses. Also you have to register early now (details to follow). We are also checking if we can give certain courses in course room 1 and 2 (simultaneously via stream). We would also like to stream the courses "live" - like during the lockdown phase.

The Cycling Lounge will be equipped with a maximum of 5 bikes. We will start the "virtual coach" and let it run continuously. The corresponding times will be defined and also announced next week (homepage, Facebook, Instagram).

## **Children's play corner (QiX-Club)**

We would like to point out that we do not have a day nursery, but only a children's play corner, which is not supervised. This play corner will be open from 15 May 2020. The previous times remain unchanged.

Experience so far shows that this service is rarely used. As a result, no large gatherings of people will take place here. However, the 2m distance rule always applies here as well (exception : child/child).

## **Final remarks**

This newsletter is very extensive and in some points may not be easy to read.

We are aware of this, but we think that this is the best way to show the current situation.

Only thanks to these measures can our BodyWorx fitness centres (and all other centres) reopen.

This is gratifying because strength, coordination and cardiovascular training in fitness centres improve physical and mental health and are an important supplement to physical activity outdoors. This meets a need for a significant part of the population.

Exercise and training contribute significantly to the health and well-being of each individual.

The BodyWorx protection concept is designed to enable safe training - as long as the situation requires it.

Last but not least, we would like to point out that we have received a great deal of support from various politicians in the National Council and the Council of States in recent weeks. Even a former member of the Council of States from Zug has used his contacts for us.

We made many (sometimes longer) telephone calls and a great many written conversations were held.



A member of the National Council of Zug even incorporated the concerns of the fitness centres into a political advance (on 17 April 2020) - among other things, this National Council (with his party) demanded the reopening of fitness centres on 11 May 2020!

A member of the Council of States (from a neighbouring canton) even spoke personally to a Federal Councillor on 28 April 2020 and wrote to us at 21.51 o'clock: "I have told the Federal Office for "xx" and Mrs Federal Councillor "xx" your request". The next day, 29 April 2020, the reopening of the fitness centres was then announced.

We are thankful that we received this support. This not only for BodyWorx (but also for all fitness center operators), but also for all other professionals in this country.

We would like to point out that our members can always talk to us directly if they have any questions - either by phone and/or directly on site (with 2m distance or plexiglass).

We would like to maintain personal and direct contact. In light of this, individual concerns can be discussed and a solution can be found. The management (incl. board of directors and ownership) is here for you!

**Come to BodyWorx to train and stay HEALTHY!**

Sporty greetings!

The BodyWorx team (employees, board of directors and ownership)