CycleBar Sunnyvale

Micro and Boutique Gym Reopening

Jihan Bayyari, Owner
HOW DO MICRO AND BOUTIQUE GYMS DIFFER FROM BIG BOX GYMS.

- Online Reservation system limits Capacity
- Scheduled class times only.
- Equipment is not shared during class. (Cycling, Pilates, Yoga)
- Boutique is more personal, your members will be more likely to adhere to guidelines set by the studios since the sense of community is stronger.
- Most are independent small business owners driven by a passion for their modality as well as a duty to their city, town or locality.
New Controlled Check-In and Safety Precautions.

Touchless check-in and temperature checks are all handled prior to class and before entering the studio. Check in Via app can be done within a 1 mile radius of the studio.
HALT ON AMMENITIES

High touch areas such as water refill stations and showers will not be available until advised by CDC as safe.
CLASS CAPACITY AND MODIFICATIONS

Class length has been changed to 30 min. Until advised to safely return to 45 or 60 minute programming. Equipment is not shared or touched after sanitizing, and the new layout has a smaller capacity to ensure 6FT.
ADDITIONAL CLEANING PROCEDURES

UV MEDICAL GRADE SANITATION will take place in between classes as well as a studio deep clean with CDC recommended cleaning products. There are no fans that would aid in spreading aerosoles.
ADDITIONAL COVID SIGNAGE

We are asking members to wash or sanitize their hands upon entering as well as wearing a mask until they are on their bike. Signs will be placed accordingly.
Take Aways

Most owners of boutique and micro gyms are small business owners, they are a fabric of the community and have a vested interest to ensure the health and safety of themselves and their members.

There is a mental health component that goes along with our physical health, community and safe exercise will help increase general health of our community.

Lastly, most of us are still being charged rent, if we could have some help to work with our landlords to understand this pandemic has shattered a lot of us. If these small business start to shutter, the aesthetic of our cities will revert back to 10 years ago. We have all worked too hard to allow that to happen.
QUESTIONNAIRE RELATING TO THE ECONOMIC RECOVERY PHASES OF COVID-19 AND PLANS, GUIDELINES, AND NEEDS RELATIVE TO THE SAFE OPENING OF BUSINESSES AND OTHER INSTITUTIONS

Company/Organization Name: Cyclebar Sunnyvale  Jihan Bayyari (Owner)
Industry/Sector: boutique fitness, microgym
Date: 6/6/2020

1. Are you open or partially open? No
   a. Are you an essential business? No
   b. Are you open under an exception such as: No
      i. Outdoor Business?
      ii. Pickup/Delivery?
      iii. Curbside Retail?
      iv. Food Distribution?
   c. Have employees and customers cooperated with the health safety protocols? Yes
   d. To your knowledge, have employees or customers become infected with COVID-19?

2. How many of your activities can be moved outdoors? If allowed we can have 3 classes outdoors

3. For indoor activities:
   a. How can social distancing be maintained at points of ingress and egress, where people normally cluster? We have 2 doors one will be assigned for ingress, and the other for egress. We have limited class sizes to accommodate social distance and have a reservations system for attendance. Temperature checks will also be taken prior to entering.

   b. How can employees and visitors be protected from transmission of the virus (e.g., no-touch temperature checks, hand sanitizer, masks, and face shields)? No touch temperature checks, staff and members wearing masks until in the theatre.
c. How will Personal Protective Equipment (such as face covering and gloves) and hand sanitizer be provided before entry?

d. Can the times of activities be staggered to reduce the amount of people gathered at any one time? Yes

e. Can customers make appointments to gain entry while inside capacity is restricted? Yes

f. How can social distancing be maintained inside your premises? WE have spaced out bikes ans assigned lockers. All high touch ammenities have been suspended.

4. What is your plan to acquire and distribute Personal Protective Equipment (like masks and gloves) and testing to your employees? Employees have temperature checks, testing information made available, and will have masks and gloves provided.

5. How can you adapt to accommodate different size gatherings that may be allowed by the Public Health officer? (Smaller gatherings are likely to be allowed before very large ones.) Limit class size and time of entry.

6. To meet the need for possible contact tracing, how would you maintain lists of employees and visitors with their contact information for contact tracing? (It is understood that lists of attendees would only be provided in the event of an infection that needed to be traced, and then only to public health personnel trained in medical confidentiality.) All participants are members and have signed a waiver, with that we have their contact information.

7. In order to assist safe and productive re-opening, what are your needs relative to:
   a. Regulation? We just need the ok to open, we have a controlled environment and small clas sizes.
   b. Licensure? NA
   c. Childcare? NA
   d. Housing? I know some of my staff are looking for housing in Sunnyvale.
   e. Digital Inclusion? Running a list of open businesses would be helpful
f. Commute-Free Working? NA

8. If you have been opened or partially opened, what challenges have you experienced? NA

9. If you have been opened or partially opened, how has the community's adherence and response to the COVID health safety protocols been? NA