Re-Opening Protocols

Keeping you safe, fit, and healthy, so you can live stronger for today

May • 2020
Thank You For Your Support!!

As things continue to evolve and change so may our plans for re-opening

We ask for you continued grace, patience, and flexibility

Ultimately, your decision on when you come back to the studio is up to you and until then we will have a variety of other options to coach you
Why Fitness Studios Should Not Be Classified With Gyms For Re-Opening (and thereby be allowed to re-open sooner)

<table>
<thead>
<tr>
<th>Studios</th>
<th>Gyms</th>
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<tbody>
<tr>
<td>By Appointment Only</td>
<td>Open to Any Members</td>
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<tr>
<td>(Select Clients)</td>
<td>(&quot;Open Gym&quot;)</td>
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<tr>
<td>(Controlled Number of</td>
<td>(Limited or No Caps for</td>
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<tr>
<td>Attendees)</td>
<td>Attendees)</td>
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<tr>
<td>Controlled Use of Equipment</td>
<td>Open Equipment Use</td>
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<tr>
<td>(Own Equipment)</td>
<td>(Shared Equipment)</td>
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<tr>
<td>Heavy Cleaning Standards</td>
<td>Light Cleaning Standards</td>
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<tr>
<td>(Up to Minute On Demand)</td>
<td>(Typically – Self Applied)</td>
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<tr>
<td>(Professional Cleans Daily)</td>
<td>(Attendees are Asked to Do</td>
</tr>
<tr>
<td></td>
<td>Cleaning)</td>
</tr>
<tr>
<td>Constant Supervision</td>
<td>No Supervision</td>
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<tr>
<td>(Line of Sight)</td>
<td>(Typically No Supervisors on</td>
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<td></td>
<td>Site)</td>
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What To Expect

• Pre-arrival
• Arrival
• Workout
• Additional Info
Pre-Arrival

Don’t leave home without your:

- Cloth mask
- Water bottle (filled up)
- Gloves if you would like them
Arrival

- Group: Park & wait to ensure previous class has left
- PT/SPT: Report to studio C or where coach directs you. Wait for your coach to admit you in
- Get your water bottle and put on your mask
Arrival

Conduct Health Screening

Have you come into close contact (within 6 feet) of someone who has a laboratory confirmed COVID-19 diagnosis in the past 14 days?

IF YES, we will be unable to have you workout with us that day.

Do you have any of the following:
- Fever or Chills
- Cough or shortness of breath
- Difficulty breathing
- Body Aches/Muscle Pain
- Headache
- New loss of taste or smell
- Sore throat

Temperature Checks
Arrival

Upon Entry

Belongings into designated cubby
Wash hands / hand sanitizer
Pick a station
Workout

Put Your Mask On

Reduce risk of transmission

Reduce risk with asymptomatic carriers

We’re all officially workout ninjas!

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape
Workout – Studio A

Physical Distancing, Not Social 🗝️

- 8 partners in Studio A (Spark)
- Individual spots ~150 sq ft/participant
- Minimal equipment (already sanitized)
- Doors open for ventilation & fans on
- No rotations or equipment sharing
- Clean your equipment
- Still lots of air fives, woo hoos, and last sets / best sets
Workout – Studio B

Physical Distancing, Not Social

6 partners in Studio B (Ignite)
Individual spots ~150 sq ft/participant
Minimal equipment (already sanitized)
Doors open for ventilation & fans on
No rotations or equipment sharing
Clean your equipment
Still lots of air fives, woo hoos, and last sets / best sets
Workout – Studio C

Physical Distancing, Not Social 🦷

4 people total in Studio C (PT/SPT)
Individual spots ~150 sq ft/participant
Minimal equipment (already sanitized)
Doors open for ventilation & fans on
No rotations or equipment sharing
Clean your equipment
Still lots of air fives, woo hoos, and last sets / best sets
Additional Information

What about your sessions?

Possible schedule modifications

Cleaning standards
- EPA registered cleaning solutions
- Partner responsibilities
- Method3 cleaning

Designated waiting area for restrooms

No congregating before/after or in/out of studio
Not ready to workout in the studio?

We’ve got you covered!
Outdoor Workouts

Parking lot or park, TBD

8-10 people to start
Limited schedule
Still have you wear a mask
Individual spots 10+ ft away
Bodyweight workout or BYOE
Still lots of air fives, woo hoos, and last sets / best sets
Virtual Workouts

LIVE via Zoom, Facebook, & On Demand

Still streaming daily, just a reduced schedule

Minimal equipment

More variety (will keep yoga and other offerings)

Free access for all partners for now

Still lots of air fives, woo hoos, and last sets / best sets
“I wish my _______ could workout with Method3 and do your programs!”

Well now they can!

And they get a free week on us!
United Together And Stronger For Today

Thank You!

Your health, safety, and consistency with your fitness and self care is our greatest concern.

If you have any questions please don’t hesitate to contact me or Sue directly:

John@method3fitness.com
(408) 398-0780

Sue@method3fitness.com
(408) 691-6488

We love you, we miss you, and we can’t wait to see you!!

John Heringer & The Method3 Fitness Team
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: Method3 Fitness

Industry/Sector: Fitness

Date: 6/5/20

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? No

2. How many of your activities can be moved outdoors?
   Almost all

3. For indoor activities:
   a. How can social distancing be maintained at points of ingress and egress, where people normally cluster? With use of arrows, floor signs, and by controlling the number of people that enter and times of sessions serviced.
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 temp checks, limited session capacity, gloves, masks, air sterilizer, sanitizer, distancing, ventilation, constant cleaning

c. How will Personal Protective Equipment (such as face covering and gloves) and hand sanitizer be provided before entry?
All staff & clients required to put masks on before entry. Hand sanitizer available at stand outside of and immediately inside facility.

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? No

f. How can social distancing be maintained inside your premises?
Use of specifically marked areas for each participant that they must stay inside during the workout. Arrows and floor signage to indicate entry/exit and flow within the studio.

4. What is your plan to acquire and distribute Personal Protective Equipment (like masks and gloves) and testing to your employees?
I have already acquired all necessary PPE for my employees and they have access to it. Monthly free testing (per SCC email) and documentation

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.)

We are COMPLETELY adaptable. One of the biggest differences and positive highlight of being an apt based studio, NOT a gym.

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 employees are on shifts. We require all participants to schedule workouts prior to attending in our software.

7. In order to assist safe and productive re-opening, what are your needs relative to:
   a. Regulation? Nothing I can think of except possible permits to operate in San Jose parks.
   b. Licensure? Same as above.
   c. Childcare? N/A
   d. Housing? N/A
   e. Digital Inclusion? N/A
   f. Commute-Free Working? N/A

8. If you have been opened or partially opened, what challenges have you experienced?
   We are not open.
9. If you have been opened or partially opened, how has the community's adherence and response to the COVID health safety protocols been?

We are not open.