



Le Grand-Saconnex, June 18, 2020

Dear customers,

First and foremost, we would like to thank you for all your messages of sympathy and encouragement.

It is with great pleasure that we announce that **part of the group classes, will resume on Monday 29/06/2020.**

We look forward to welcoming you back to our center in a revised and adapted environment in order to guarantee safety for you and our team.

We have therefore worked on a protection plan that meets the current health requirements.

We communicate this plan to you today, thanking you in advance for reading about it before your next visit.

We are of course available to you for further information.

Sarah NADAS  
Starling Fitness and Wellness Manager

# PROTECTION PLAN

## Starling Fitness

Implementation date: **06/29/2020**

This protection plan is valid until further notice.

This protection plan aims to meet the requirements and recommendations issued by all federal, cantonal and Swiss Fitness Federation institutions.

It applies to all employees, members of Starling Fitness and customers of the Starling Hotel Geneva.

The hygiene directives and rules of behavior of the OFSP are posted at the entrance, in the changing rooms and in the training room.

### OPENING HOURS

Monday to Friday, **6 a.m. to 9 p.m.**

Saturday to Sunday, **7 a.m. to 9 p.m.**

### FITNESS CAPACITY

The management authorizes **39 people** simultaneously in the training space, including employees.

## BASIC RULES FOR ALL

1. Regular hand cleaning.
  2. Social distance of 2 meters between people.
  3. Cleaning surfaces and objects consistently and adequately after use.
  4. Involvement and commitment of employees and members / customers in the implementation of these required health measures.
- Wearing of the mask or protective visor **is recommended** for employees **in case** the 2 meter rule cannot be applied.
5. Optional wearing of the mask for fitness users.
  6. Attendance at the center is prohibited in the event of COVID 19 symptoms.
  7. Payment by bank cards being favored to reduce contact.

## STARLING FITNESS MEMBERS & CUSTOMERS

This protection plan is based on the concept of "walking forward", from arrival to departure in the club.

### RECEPTION

- Respect the marking on the ground (minimum 2 meters between each person).
- It is compulsory to disinfect your hands with the hydro alcoholic gel available at the entrance.
- Validate the parking ticket on arrival (to reduce interactions / people crossings).
- Use the area behind the plexiglass protection at the reception for any communication.

### CHECK-IN

- Badge must be swiped on arrival on the MY ACCESS WEB reader.
- Use the door which is left open.
- For non-member clients, register at reception (this data is strictly confidential and kept for federal and/or cantonal authorities).

### LOCKER ROOMS

- Access to the locker rooms is authorized for the deposit of personal items in the lockers while respecting social distancing.
  - Rows of lockers are condemned to respect social distancing.
  - A single sink is accessible to respect social distancing.
- Avoid the use of changing rooms as much as possible.
  - Preferably come in sportswear but with outdoor shoes which are to be placed at the entrance of the locker room on the designated furniture provided.
  - Come with your own towels.

## TRAINING SPACES

- 1h30 maximum of training recommended.
  - Cardio machines: 1 device out of 2 is accessible to respect social distancing.
  - Weight training machines: due to the specificity of the machines, they remain accessible subject to compliance with the rule of social distancing of 2 meters.
  - **Water fountain available but no cups are provided.**
- The use of your own towels is mandatory.
  - It is compulsory to disinfect the equipment after use with the available products.
  - Come with your own bottle of water.
  - Use the PET bin provided for recycling water bottles.
  - Avoid all unnecessary contact with the equipment or surfaces.

## PERSONAL TRAINING

- By appointment only.
- **Wearing a mandatory mask or visor.**
- Respecting the rule of social distancing.

## GROUP COURSES

- **Respecting the rule of social distancing.**
- **It is MANDATORY to book by phone only 24 hours before class.**
- **Access is limited to 20 people.**
- **Disinfecting materials and mats after use.**
- **Mandatory protective towel.**

## SAUNA/HAMMAM

- Access allowed to one person only.

## SHOWERS

- One shower out of two is accessible. The rules of social distancing should be respected.

## BATHROOM

- Access maintained.
- One urinal is condemned to respect the rule of social distancing.



## **RELAXING AREA/ BAR**

- Take away sales: only bars, protein shakes, shops.
- Authorized on-site consumption.
- Newspapers and magazines available in open access.
- Respecting the rule of social distancing.

## **CHECK-OUT**

- Badge must be swiped on departure on the MY ACCESS WEB reader.
- Use the door which is left open.
- It is compulsory to disinfect your hands with the hydroalcoholic gel available at the outlet.

## **VENTILATION SYSTEM**

- No risk of contamination.  
Single-flow air filtration / air conditioning system, without air recycling.  
Ventilation has an intake of outside air on the roof of the building, and a cooling system.

# **STARLING FITNESS**

## **COMMITMENT FROM MANAGEMENT**

- Monitoring the evolution and adaptation to health and legal recommendations.
- Development and updating of the protection plan.
- Employee training.
- Active communication to members and customers.

## **CLEANING & DISINFECTION**

- Cleaning of the center once a day.
- Regular cleaning of objects and surfaces in contact with the public: door handles, reception counter, etc.
- Use of hydro alcoholic gel.
- Use of disposable gloves when cleaning, disinfecting and handling waste and dirty laundry.

## **SOCIAL DISTANCIATION MEASURES**

- Installation of a plexiglass protection at the fitness reception.
- Marking on the ground to help comply with the distance rules of 2 meters.
- Wearing a mask (maximum 4 hours) or protective visor is recommended for employees.
- Gloves worn by the employee when necessary.
- Commitment to respect and enforce the rule of social distancing.