

Great Lakes Athletic Club (GLAC) Reference Guide - January 2021

CLUB OPERATIONS	
CLUB HOURS	MONDAY-FRIDAY: 5AM-8PM SATURDAY & SUNDAY: 6AM-8PM
POOL HOURS	OUTDOOR POOL <ul style="list-style-type: none"> • Closed for the season
	INDOOR POOL <ul style="list-style-type: none"> • Open Thursday-Sunday, 11AM-6PM • No family hours at this time
BUSINESS HOURS	MONDAY-FRIDAY: 9AM-5PM
MEMBERSHIP DUES	NORMAL RATES APPLY <ul style="list-style-type: none"> • Executive Lockers will be temporarily unavailable. If you have rented an executive locker, the fee will be temporarily removed from your monthly payment.
MEMBERSHIP HOLDS	<p>The free temporary activation opt out freeze expired January 1st, 2021. Moving forward, your options are as follows:</p> <ul style="list-style-type: none"> • REACTIVATE. It goes without saying that we hope you can select this option. GLAC’s ability to suspend dues during the shutdown and to offer the temporary activation opt out option upon reopening in September was made possible in part by your pre-pandemic patronage. Your continued patronage in the new year could give this pandemic home stretch the strongest finish-line kick possible. To reactivate your membership, just email billing. • REMAIN ON HOLD. Starting with the January billing cycle, you can continue to hold your membership for \$20/month—regardless of membership type. While we wish that we could continue to offer this option at no charge, this fee will aid in our ability to hire staff to support the amenities that many of you have been holding out for (ie more pool hours, childcare, and, when group fitness is permitted again, group classes and yoga). If you wish to continue with your membership on hold, you don’t need to take any action beyond ensuring that your billing info on file is updated which you can do online by following these instructions.
MEMBERSHIP CHANGES	To update or change your membership information (including contact information, email address, billing, etc.), please see the attached CONTACTLESS MEMBERSHIP CHANGE document.

CLUB OPERATIONS (CONTINUED)

PARENTAL DELEGATIONS OF POWER	TEMPORARILY SUSPENDED <ul style="list-style-type: none">• No adult is permitted to bring children to GLAC (including the outdoor pool) to whom they do not possess legal guardianship.
JOB APPLICATIONS/ INQUIRIES	ONLINE ONLY <ul style="list-style-type: none">• Front desk applicants, email gabi@glac.club• Housekeeping applicants, email kfogleman@glac.club• Lifeguard applicants, email rmcintyre@glac.club• Sales applicants, email zseilkop@glac.club
SALES	HOURS <ul style="list-style-type: none">• Monday-Friday, 9AM-5PM• Saturday, 9AM-3PM• Sunday, 9AM-12PM
	INQUIRIES <ul style="list-style-type: none">• Call or email team@glac.club for information.
MEMBER ACTIVITIES	Temporarily closed.

SAFEGUARDS & SANITATION

PRE-ENTRY HEALTH SCREENINGS	<p>REQUIRED OF ALL STAFF AND MEMBERS BEFORE ENTERING FACILITY</p> <ul style="list-style-type: none"> • Located immediately inside the facility. • Both members and staff must exit vehicles and arrive at pre-screening site masked. • All members and staff will be required to answer a verbal screening questionnaire and undergo temperature checks at each entry. • Proper social distancing protocol applies upon arrival, prior to club entry. • Screeners may refuse entry to any employee or member who arrives without a mask, fails to maintain proper social distancing, or exhibits COVID-like symptoms.
CHECK-IN	<p>ALL MEMBERS MUST CHECK-IN VIA SELF SCAN AT FRONT DESK</p> <ul style="list-style-type: none"> • All members and staff <i>MUST</i> have a valid membership card for entry. • Plexiglass barriers have been installed at the front desk as extra precaution for members and staff.
FACE MASKS	<ul style="list-style-type: none"> • Consistent with the most recent State order, masks are again temporarily required at all times during indoor exercise (employees and members are required to wear masks at all times inside GLAC).
SOCIAL DISTANCING	<p>25% CAPACITY</p> <ul style="list-style-type: none"> • Executive orders require we limit capacity to 25%. • Due to GLAC's size and design, 25% of our approved occupancy capacity is more than adequate. No member will be turned away because of this requirement. <p>FLOOR MARKERS</p> <ul style="list-style-type: none"> • Placed throughout club starting at front entrance to help you maintain appropriate social distance.
AREA-SPECIFIC SAFEGUARDS	<p>CARDIO ROOM</p> <ul style="list-style-type: none"> • Cardio equipment has been spaced six or more feet apart, utilizing spaces such as the basketball courts to afford members much of their same cardio options while maintaining appropriate distance from each other. • Do not hover/converse around individuals on cardio equipment. • Please wipe down equipment before and after each use. • Hand sanitizers are placed throughout the area with appropriate signage.

SAFEGUARDS & SANITATION (CONTINUED)

AREA-SPECIFIC SAFEGUARDS (CONTINUED)	<p>UPPER LEVEL STRENGTH AREA</p> <ul style="list-style-type: none"> • No circuit-style training (group or individual) on weight floor. Please follow a basic set/rep scheme: complete each exercise in full and wipe equipment before moving on. • Do not ask to “work in” with other members. • Hand sanitizers are placed throughout area with appropriate signage.
	<p>INDOOR TRACK</p> <ul style="list-style-type: none"> • The outermost and innermost lanes of the indoor track will remain open for walking and running. • Walking/running together as well as passing is strongly discouraged. If you must pass, please do so on the east side of the track (by the windows) where there is more space to do so. • Please note that we have an outdoor track available out back too.
	<p>LOWER LEVEL STRENGTH AREA</p> <ul style="list-style-type: none"> • Some equipment has been relocated to maintain proper social distancing. Please ask for help if you cannot locate your desired equipment. • NO SPOTTING ALLOWED • No weight-room circuit training (group or individual). Please follow a basic set/rep scheme: complete each exercise in full, wipe equipment, and return to its original location. • Do not ask to “work in” with other members. • Please wipe down equipment before and after each use. • DO NOT MOVE BENCHES OR EQUIPMENT TO DIFFERENT AREAS. • Hand sanitizers are placed throughout area with appropriate signage.
CLEANING	<p>UPDATED/ENHANCED PROCEDURES</p> <ul style="list-style-type: none"> • GLAC has always been meticulous about cleanliness—cleaning and sanitizing throughout the day and deep cleaning each night. This will continue daily/nightly. • Enhanced measures have been implemented based on current CDC guidelines. • All cleaning, sanitizing and disinfection products meet or exceed EPA requirements to effectively combat and eliminate the COVID-19 illness-causing virus. • Throughout the shutdown, our staff has cleaned and sanitized every accessible crevice of the club, including inside equipment and all vents and air ducts.

AMENITIES & OFFERINGS

GROUP FITNESS	<p>LIVE TRAINING EFFECT CLASSES</p> <ul style="list-style-type: none"> • In adherence to the state-mandated pause, group fitness is temporarily suspended HOWEVER Training Effect workouts are posted daily in their corresponding locations for members to do on a drop in basis with trainers available for guidance during select hours. Email regan@glac.club for more details. • Masks required at all times.
	<p>LES MILLS VIRTUAL</p> <ul style="list-style-type: none"> • View schedule online here: https://www.greatlakesathleticclub.com/classes/ • While the state-ordered pause is in effect, virtual classes are limited to one person/family per class. • Masks required at all times.
PERSONAL TRAINING	<p>TRAINING SESSIONS</p> <ul style="list-style-type: none"> • Personal Training will resume at the discretion of individual trainers.
	<p>SMALL GROUP TRAINING</p> <ul style="list-style-type: none"> • <u>Andrew's CHAOS</u> program and <u>Stephanie's FiT</u> program are back!
CHILDCARE	Temporarily closed.
SPA	<p>NOW OPEN! With limited hours and by appointment only (no walk-ins, please call).</p> <ul style="list-style-type: none"> • Updated protocol & safeguards are available here: https://www.greatlakesathleticclub.com/wp-content/uploads/2020/10/The-Vitality-Experience.pdf
CAFE	NOT AVAILABLE AT THIS TIME.
TOWEL SERVICE	<p>NOT AVAILABLE AT THIS TIME.</p> <ul style="list-style-type: none"> • Members are encouraged to bring a towel of their own.
WATER FOUNTAINS	<p>MOSTLY UNAVAILABLE AT THIS TIME.</p> <ul style="list-style-type: none"> • Members are encouraged to bring a contained water bottle of their own. • Refillable at no touch water station

AMENITIES & OFFERINGS (CONTINUED)

LOCKER ROOMS	<p>LOCKERS & SHOWERS ARE AVAILABLE (regulated via towel desk to ensure consistent cleanliness social distancing)</p> <ol style="list-style-type: none"> 1. Member must check in as normal 2. Member must then inform towel desk attendant that they would like to use a locker 3. Towel desk attendant will assign a locker to member (NO REQUESTS) and writes their name on board 4. Member must notify attendant when they are leaving 5. Attendant places a check mark next to member's name on the board 6. Attendant alerts staff to clean lockers 7. Cleaning staff notifies attendant upon completion of cleaning
TANNING	AVAILABLE (SEE FRONT DESK)
RAQUETBALL/ SQUASH COURTS	<ul style="list-style-type: none"> • Court 2 is NOW AVAILABLE. • Masks are required. • No doubles.
BASKETBALL	<ul style="list-style-type: none"> • Half of a court is NOW AVAILABLE for <i>shooting only</i>. • Members must bring their own basketballs. • Masks are required.