**Paradise Fitness Centers:**

Health clubs are vital to our community’s health and Paradise Fitness is prepared for opening as soon as safely possible. At Paradise Fitness, we’ve seen first-hand the positive impact of virus-safe practices like physical distancing, mask wearing and hand washing. We can’t stress enough that these protocols are proven to work. Our community needs exercise now more than ever, and fitness centers can be a resource for community strength and resilience.

**It’s been over 2 months since Paradise Fitness re-opened on June 8th. In that time, we have serviced 55,384 workouts at our three facilities.**Through contact tracing by the Department of Public Health, there have been only four (4) confirmed COVID-19 positive cases – **an incidence of only 0.007 percent**. This is in line with low national rates as well. A survey completed on June 30thby MXM/Medallia found that of 135 clubs across the United States – which together serviced 3.4 million total check-ins during the survey period – the incidence of positive cases was only 0.004 percent. (Paradise Fitness members participated in MXM/Medallia surveys during this period.)

During those incidences, We were able to help DPHSS with contact tracing through our software based check in process. As mentioned in our attached updated safety guidelines, Our touch-less mobile app check-in process enables us to generate reports for all members check-in dates and times. We were able to send a report to DPHSS and We also sent out an internal mass email to all members who checked in and worked out during the days and times DPHSS received from those positive cases who visited our clubs during those times. There was no cluster or spread within our members and team members. We also came out and made a statement to assure transparency with the community as we all fight to flatten the curve.

The fitness industry is at the forefront of safe exercise practices and is vigilantly monitoring the impact of new safety protocols. **“Exercise don’t socialize” practices have made safe exercise possible for large populations across the nation and on Guam,**especially when bolstered by other gym safety and sanitation protocols, such as limiting capacity, pre-screening, and increased cleaning and disinfecting.

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Paradise Fitness is committed to safety and we follow the four-pronged approach to safety developed by IHRSA. This framework references the CDC, John Hopkins Center for Health Security, the World Health Organization (WHO), and consultations with club operators and federations partners worldwide. These best practices are in place at all our facilities:

1.      Keeping COVID-19 out of the club by implementing appropriate visitor and staff screenings.

2.      Minimizing the risk of spread through containment and social-distancing measures.

3.      Recognizing everyone’s role in minimizing risk through education and encouraging all members and staff to take all the actions possible to avoid spreading the virus.

4.      Minimizing exposure risk by implementing enhanced, evidence-based cleaning, and sanitation practices.

Click here to see how we’re going the distance to protect you: <https://www.guamparadisefitness.com/pages/covid-update-protocols>

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| [COVID Update & Protocols – Paradise Fitness Guam](https://www.guamparadisefitness.com/pages/covid-update-protocols)  [www.guamparadisefitness.com](http://www.guamparadisefitness.com/) |