

**Dear Valued Member,**

It has been our pleasure to welcome many of you back to California Family Fitness locations this past week. We have appreciated your support and patience as we all adjust to changes to normal club operations and public health guidelines. We understand that after the first week of our reopening many of you have questions. In this email, we'll address both new state guidelines and your frequently asked questions (FAQs).

**Mask Use Inside Cal Fit**

As of June 18, 2020, California health officials issued a statewide order (PDF) that requires residents to wear a face covering in situations where social distancing is not possible.

**Here's what this new state order means for our members:**

- Members must wear a mask while entering or exiting the gym, during check-in, and as you move around the gym between activities. This includes the locker room area.
- Masks can be removed during workouts, so long as you are able to maintain appropriate social distancing of 6 feet.
  - **Example A:** You are using a cardio machine, which has already been spaced 6' from other equipment. You can remove your mask.
  - **Example B:** You are spotting a friend who is lifting weights. Social distancing is not possible. Both you and your friend should be wearing masks.
  - **Example C:** You have reserved a lane for swimming. You should wear a mask until you enter the pool, and after your swim, until you exit the building.
- Masks will not be provided by Cal Fit. Please bring your own mask with you to the club. Disposable masks are available for purchase at the Front Desk for \$1 + tax. Your mask should cover both mouth and nostrils, and can be any of the following:
  - Fabric (washable) mask
  - Paper (disposable) mask
  - Neckerchief or scarf
- Per the state's order, there are some individuals who are exempt from wearing a mask. If you are one of those individuals, please email us at [communications@calfamfit.com](mailto:communications@calfamfit.com).

It is important that our Cal Fit community follows these guidelines together so that we can continue to keep our clubs open and available for member use. Thank you for your ongoing support of California Family Fitness.



Randy Karr, President