



# A MESSAGE FROM THE PRESIDENT

March 5th, 2020

Dear Valued Member:

At Orangetheory, we take your personal health and safety very seriously. You may have some growing concerns about the novel coronavirus (COVID-19), and we wanted to put your mind at ease with some of these basic tips to stay healthy in the studio:

- **Wipe down your equipment after every block**, and don't hesitate to request a new wipe whenever you need to.
- **Hand-washing is your best self-defense against the spread of germs.** As a backup, use the antibacterial hand sanitizer readily available to you.
- **Substitute fist pumps for high fives.** Please feel comfortable not participating in any bodily contact with the staff or other members if you so choose.
- **Please stay home if you are not feeling well, especially if you have a fever, are coughing or sneezing or are experiencing shortness of breath.** If a member shows up with symptoms, the staff will politely ask them to leave.

- **Help us by being vigilant.** If you have traveled to any of the countries where there are outbreaks of the virus, please follow guidance on the [CDC website](#).

Here are additional things we are doing to keep our studios clean and safe:

- **We have instructed our coaches to be generous with antibacterial wipes** and remind our members of the importance of wiping down all areas of equipment they have touched after each block.
- **We have advised all staff members to wash their hands often** with soap and water for at least 20 seconds, particularly after going to the bathroom, before eating, and after blowing their nose, coughing or sneezing.
- **We have told studios to stock hand sanitizer at the front desk.**
- **We have directed our coaches to suspend high fives** before, during and after class and use fist pumps as a safe alternative.
- **Any staff members who are ill will be sent home.**

We are closely monitoring updates from the [Centers for Disease Control](#) and the [World Health Organization](#) regarding COVID-19. We will continue to seek guidance from these agencies and public health officials, and we will update you as new information becomes available.

We are committed to making our studios a safe and enjoyable place for all. Thank you for being such a valued member of our Orangetheory family.

Best in Health,  
**David Carney, *President***



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