



Dear Member

DON'T LET THE CORONAVIRUS STOP YOUR GYM WORKOUT

BUT DO change your behavior at Gym

We know that there is a lot of uncertainty at the moment around the COVID-19 outbreak and we have had a lot of questions regarding whether to go to the gym or not.

As the Covid-19 virus spreads across the world and most recently, very close to home, where we have seen an escalation in the numbers of those that are affected, it is important that we, as a business take extra steps to be ready in our own communities.

President Cyril Ramaposa has appealed to all businesses such as “the management of malls, entertainment centres and other places frequented by large numbers of people to bolster their hygiene control”.

Planet Fitness is committed to ensuring that we have put strict hygiene measures in place. All our clubs will remain open and fully operational and we have implemented additional hygiene measures in every Club for your safety. A healthy nation and building your own immune system is important. This means keeping fit, training regularly and eating healthily to help boost your immune system.

Planet Fitness recognises the importance of taking care of our Member’s health and we therefore follow strict sanitation rules in all of our Clubs and with our equipment.

We have taken proactive steps, in the interest of Public Health to ensure that our members have access to

- 60% Alcohol-based sanitizer and disinfectant products to sanitize when entering our Clubs.
- We have taken additional measures by having more staff on the floor to sanitize the equipment throughout the day and particularly after use.
- We are conducting additional deep cleaning of the club and of our equipment twice a day.
- Temperature testing of staff and members will be done on entering the club.

Help us to prevent the spread of the Coronavirus by taking your own proactive steps in practicing good public hygiene to keep yourself and others safe.

Here are some tips that you can use to help prevent the spread of COVID-19 whilst in the Gym

- **Gloves:** Wear gloves During the COVID-19 outbreak – the use of gloves in all our clubs is recommended
- **Towels:** use 2 towels at all times – These are compulsory, one for wiping sweat from your face and the other for wiping equipment before or after use.
- **Cover your mouth** when coughing or sneezing
- **Avoid shaking hands**
- **Avoid close personal contact** – keep a safe distance of at least 1,5m – 2m
- **Wash your hands** regularly for at least 20 seconds
- **Water Bottles:** make sure you are the only one touching and drinking from your water bottle
- **Stay at home** if you are not feeling well

WE RECOMMEND THAT YOU BRING YOUR OWN HAND SANITIZER AS WELL

Be vigilant, careful and keep hygiene top of mind. Most of all let's workout together as smart South Africans, and shape up your hygiene habits to contain the spread of the virus.

Yours in Health and Fitness

Manny Rivera

CEO: PLANET FITNESS

A handwritten signature in black ink, appearing to read 'M. Rivera', written in a cursive style.