

To: Santa Clara County Board of Supervisors
From: Becky Williamson, M.S. – lifeSport Fitness, Inc.
RE: Comments for June 8th Special Meeting/ Item 3C
Date: June 6th, 2020

Dear Supervisors,

My name is Becky Williamson, and I own lifeSport Fitness in San Jose. We are a small boutique personal training studio serving busy Silicon Valley professionals. We operate two off-site early morning community boot camps at a nearby church and school as well.

I'm writing to you today to request that you consider categorizing smaller, appointment-based fitness businesses differently than large public gyms and health clubs with regard to your phased re-opening schedule.

Due to the nature of appointment-based scheduling and smaller numbers inside a facility, smaller fitness operations have the ability to provide ample social distancing during sessions and proper sanitization between sessions.

At our studio, we have no more than 4 clients in a semi-private personal training at any given time. We have a 1:2 or 1:3 coach to client ratio in many of our sessions. We have the ability to provide equipment that will not be shared during a session, and time between sessions to sanitize all used the equipment and surfaces touched. We do not have showers. With our boot camps currently being held outdoors, we have the ability to space participants more than 20 feet apart from each other and also offer a "no equipment sharing" experience for them.

Based on recommendations provided by the County, we have written up our social distancing and cleaning operating procedures we plan to implement once being given the go-ahead to re-open. For the sake of brevity, I will not include them here, but am happy to share them if the County would like to review them and make suggestions/recommendations.

I respectfully ask that this request and the requests from other small boutique fitness owners be considered at the June 8th hearing.

Sincerely,

Becky Williamson, M.S.
Owner, lifeSport Fitness, Inc.

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