



Covid19 Safety & Re-Opening Plan

Updated June 15, 2020

Gym Capacity:

Phase 2 – June 15, 2020

- Facility Maximum: 45
 - Using a calculation of 1 person per 200 square feet
- Room Maximums
 - Stretch Room – 4
 - Cardio Room – 10
 - Group Fitness Room – 14
 - Circuit Room – 6
 - Ladies Locker – 3
 - Mens Locker – 3
 - Lower Main Floor Gym - 4
 - Upper Main Floor Gym – 15

Phase 3 and Phase 4

- TBD

Limited Activities in the Facility:

Phase 2 – June 15, 2020

- No showers available
- No saunas available
- No Childminding & Childminding room closed
- No congregating and visiting at table
- No water fountain, water filling station only
- Changerooms for handwashing and washrooms only
- Hours
 - Monday to Friday 5:00am to 9:00pm, Saturday & Sunday 7:00am to 6:00pm, Holidays 8:00am to 4:00pm
- Tanning
 - Tanning open but must book appointment and longer times between appointments so staff can do a thorough cleaning, must have your own protective eyewear
- Group Fitness
 - Group Fitness classes have begun, new schedule, first come first serve

Phase 3 and Phase 4

- TBD

Staff:

- Training of staff on new cleaning procedures, monitoring and maintaining the new restrictions
- Plexiglass at front counter
- Gloves recommended depending on task
- Wash Hands frequently
- Hand sanitizer after transactions at the front
- Screening staff daily and self monitoring
- Cleaning of front desk area at least twice each shift (always at the end)
- One person in staff room at a time, must put all your personal belongings in your locker

Members:

- Provide information to all members on new requirements by:
 - Front Desk
 - Emails
 - Website
 - Facebook
 - Signage
- Social Distancing
- Hand washing and hand sanitizing regularly
- No touching of face
- Cough and sneeze in elbow
- Stay home if not feeling well
- Must clean equipment thoroughly before and after use
- Must bring own sweat towel
- No sharing of equipment
- No super-setting, only one piece of equipment at a time
- Clean indoor shoes only
- Must take all belongings home unless you have a monthly locker
- Must sign in and sign out and initial a self screening assessment each visit (mandatory for entry)
- Patrons to come to the gym in their workout clothes to avoid using the changeroom

Access:

- Follow signage
- Maintain social distancing
- Do not congregate, please move through the entrance area quickly when possible
- One line to get into the gym, waiting for your sign in
- Group Fitness attendees can leave from upstairs door if not needing to come back to the main gym
- Members can also leave through North exit

Facility:

Changes to Facility to Minimize Risk

- Plexiglass at front counter
- New entry and exit procedures
- Multiple hand sanitizing and hand washing stations throughout the facility
- Social distancing and safety signage
- Additional cleaning stations throughout
- Limiting number of people in each area
- Closure of middle sinks in change rooms to provide distance
- Closure of some cardio equipment to meet distance requirements
- Group Fitness room now has 8 x 8 marked off area for each participant to meet distance requirements
- Moving of some equipment to meet distance requirements
- Cancelling of the group fitness classes that have members sharing equipment or moving around too much
- Scheduling book for tanning to provide more time for cleaning of bed and room
- Closing water fountain
- Removing of meeting table, chairs and coffee maker

This is a working plan, it will be updated as needed and/or directed from Interior Health and Worksafe BC.

Thank you!