



## **Covid19 Safety Plan**

**Updated November 19, 2020**

### **Gym Capacity:**

#### **Phase 3 – Nov 19th**

- Facility Maximum: 50
  
- Room Maximums
  - Stretch Room – 4
  - Cardio Room – 10
  - Group Fitness Room – 16
  - Circuit Room – 6
  - Ladies Locker – 3
  - Mens Locker – 3
  - Lower Main Floor Gym - 4
  - Upper Main Floor Gym – 15

#### **Phase 4 – TBA**

### **Limited Activities in the Facility:**

#### **Phase 3 – Nov 19th**

- 1 Shower in each men's and ladies change room available (remaining showers closed)
- No saunas available at this time
- No Childminding & Childminding room closed
- No congregating and visiting
- No water fountain, water filling station only
- Only 3 members/guests in change area at a time
- 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 been temporarily suspended until further notice (Provincial Health Order until Dec 7/20)

#### **Phase 4 - TBA**

#### **Staff:**

- Training of staff on new cleaning procedures, monitoring and maintaining the new restrictions
- Plexiglass at front counter
- Wearing of face mask unless behind plexiglass
- Wash Hands frequently and or use hand sanitizer
- Screening staff daily and self monitoring
- Cleaning of front desk area at least twice each shift
- One person in staff room at a time, must put all personal belongings in your own locker
- Only 2 behind front counter, or third by invitation only

#### **Members:**

- Provide information to all members on new requirements by:
  - Front Desk
  - Emails
  - Website
  - Facebook
  - Signage
- Social Distancing
- Wearing of face mask in gym facility
- 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 working out in groups
- Members must use 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 and wait when there are too many people
- One line to get into the gym, waiting for your sign in
- 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 as directed from the Provincial Health Authority, Interior Health and Worksafe BC.***

Thank you!