



COVID SAFETY PLAN
UPDATED DECEMBER 15, 2020

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| FACILITY NAME: | Shuswap Total Fitness Inc. |
| FACILITY ADDRESS: | 2450A 10th Ave NE, Salmon Arm, BC, V1E-2S4 |
| FACILITY OWNERS: | Jim & Christine Nickles |
| FACILITY CAPACITY: ROOM MAXIMUMS: | 50 Cardio Room - 10 Circuit Room - 6 Group Fitness Room - 16 Ladies Locker/Washroom - 3 Mens Locker/Washroom - 3 Lower Main Floor Gym - 5 Upper Main Floor Gym - 15 Stretch Room - 4 |
| CHANGES TO MIN. RISK: | Plexiglass at front counter New entry and exit procedures Multiple hand sanitizing and hand washing stations throughout gym Social distancing, safety and covid signage Additional cleaning stations Limiting the number of people in each room Closure of middle sinks in change rooms to provide distance Closure of some cardio equipment to meet distance requirements Group Fitness room has squares marked off for each participant to meet distance requirements Group Fitness classes - low intensity only No use of floor, wall or personal fans Scheduling tanning appointment in book leaving time in between for cleaning of tanning room/bed Water fountain closed, refill station available Removal of table and chairs Only 1 shower available in each mens and ladies locker room Saunas closed temporarily Childminding room & Childminding closed Group Fitness scheduled adapted to new guidelines - low intensity Members to pre-book into Group Fitness classes |
| CONTROL ACCESS: | Staff to be present throughout opening hours Signage Members sign in and do Covid questionnaire, initial the self assessment, then may proceed to scanning in Ensuring members are sanitizing equipment before and after use Ensuring members are not congregating and using one machine only Reduced number of participants in Group Fitness classes Squares taped in Group Fitness to force social distancing Social Distancing signage and tape on floor for social distancing in main workout area One line coming into the gym, members must wait to check in Members can also leave through upstairs door or North Exit |
| CLEANING: FACILITY CLEANING: HAND HYGIENE: | Concentrate mixed only by Owner/Manager Approved disinfectant/cleaner/sanitizers used Cleaning checklists, cleaning logs used daily Equipment/other high touch surfaces regularly cleaned and sanitized by staff. Members are also required to sanitize their equipment before and after use Hand sanitization stations are throughout the facility, wall mounted and free standing bottles. Hand washing stations: 5 sinks for hand washing throughout the gym |

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| MEMBERS/GUESTS: | <p>Members/Guests must sign in and sign out and initial a self screening assessment each visit (mandatory for entry)</p> <p>Do not come to the gym if you feel unwell</p> <p>Towels and spray bottle provided for sanitizing</p> <p>Must social distance</p> <p>Must wear a mask</p> <p>No visiting or congregating</p> <p>Limit locker room use</p> <p>Use hand sanitizer when entering and leaving the gym (or use a hand washing station)</p> <p>Do not touch your face, sneeze in your elbow</p> <p>Clean the equipment before and after use</p> <p>Bring your own sweat towel</p> <p>No sharing of equipment</p> <p>No working out in groups</p> <p>Only use one piece of equipment at a time</p> <p>Clean indoor shoes only</p> <p>Please take all belongings home, unless you have rented a locker</p> <p>Patrons should come to the gym in their workout clothes to avoid using the changerooms</p> |
| GROUP FITNESS: | <p>Schedule modified to meet Dec. 2020 restrictions</p> <p>Low intensity classes only which means exercise that does not result in significant respiration (see CDC guidelines for allowable types of classes)</p> <p>New Schedule to start Dec. 17th with low intensity classes, 4 Zoom high intensity classes to continue</p> <p>Members to hand sanitize at start and end of class</p> <p>Members should not arrive more than 5 minutes before class</p> <p>Masks on till start of class, social distancing, staying in their 8x8 square</p> <p>Members must call in to pre-book group fitness classes</p> <p>Minimum 15 to 30 minutes between classes to leave time for members to enter and exit the building</p> |
| FOOD & BEVERAGE: | <p>Drinking Fountains Closed</p> <p>Water Bottle stations okay for filling up water bottles</p> |
| STAFF: | <p>Screening of staff daily at start of shift, initialed on timesheet daily</p> <p>Staff trained on updated cleaning procedures, maintaining new protocols, and safety plan procedures</p> <p>PPE provided for staff</p> <p>Wearing of a face mask throughout the facility unless behind the plexiglass alone</p> <p>Washing hands frequently and using hand sanitizer</p> <p>Staff signage - Worksafe handwashing and mask wearing procedure</p> <p>One person in staff room at a time, must put all personal belongings in your own locker</p> <p>Only 2 staff behind the front counter</p> |

This is a working plan, it will be updated as need and/or as directed. In accordance with the changing restrictions related to Covid19, the Provincial Health Authority, Worksafe BC, and Interior Health have provided these restrictions/orders for operation of a fitness facility. They have provided us with this guidance on how staff, members and guests can work and attend they gym in a safe manner for all. We all need to do our part in reducing the rate of transmission in the community.

Please follow the key rules:

- 1) Stay home if you are unwell, do it for our members and staff and our community*
- 2) Social Distance and Wear a mask*
- 3) Practice good hand hygiene, clean your environment*

Thank you