



COVID19 Protocol

September, 2021

We are happy to again be able to provide you with a facility in which you can come and work out based on your needs and capabilities. We are happy to see our fabulous members on a regular basis again. The safety of our members is the top priority. We will be following a set of health and safety regulations. Please read the new protocol below – read to the end.

Proof of Vaccination

“As of September 22, 2021, Ontarians will need to be fully vaccinated (two doses plus 14 days) and provide their proof of vaccination along with photo ID to access certain public settings and facilities. This approach focuses on higher-risk indoor public settings where face coverings cannot always be worn ...”

As gyms fall into the “higher-risk indoor public settings” we are requesting members to provide proof of vaccination.

Equipment:

The 2m/6’ social distance requirement will be maintained. This means that some equipment will be “off limits” at times.

Booking:

Everyone will require an “appointment”. This is to ensure only a maximum number of people inside the fitness centre at a time. Call 343-472-1045

Appointments will be limited to 1 hour to ensure that everyone has a chance to use their favourite machine. If no one has booked the machine after your hour, you may continue to use it. Appointment times are from 5:30AM to 8:30PM – exit the gym by 10:00PM

If you cannot make your appointment time, we ask that you contact us so we can let someone else take that time slot.

We will ask you the following questions:

1. Have you experienced any of the following symptoms: cough, sore throat, fever, or shortness of breath?
2. Have you travelled or been around anyone who has travelled outside of the country in the last 14 days?
3. Have you or anyone you have been in contact with recently been tested for COVID19 and currently awaiting results?

If you answer YES to any of the above questions, we cannot make an appointment at this time. We appreciate everyone's continued support, patience, and most of all honesty during these times.

Once you arrive at your appointment:

1. Use your access card to enter. The door will be locked unless there are appointments booked so your access card will not work.
2. Only those with an appointment will be allowed in the facility.
3. Please wear a mask until you get to your workout station; then you may remove it as long as you maintain the 2m/6' social distance.
4. Once entering the fitness centre, you will be asked to sanitize your hands and will be asked the screening questions again.
5. On your first visit you will be asked to verify your personal information that we have on file.
6. We suggest you wipe down the equipment BEFORE and AFTER each use. We also will be cleaning and sanitizing all equipment and other areas of the fitness centre after every member to prevent any spread.
7. A staff member will be on site at all times to ensure that the 2m/6' social distance requirements are met.
8. Washrooms and change rooms will be open. Please use the sanitizing cleaners after you use those facilities.

Membership Rates

1. Membership payments will be due on the 1st of the month. E transfers are preferred; however, cash and cheques will be accepted too.
2. New rates are (taxes included): Monthly Rate: \$50, Family Discount: \$-5 per member,

Thank you for your continued understanding and support. Together we can get through these hard times. We look forward to seeing you all very soon and please don't hesitate to call if you have any questions or concerns.

Cathy & Larry
343-472-1045