



# COVID19 Protocol

## July 2020

Beginning July 27<sup>th</sup>, 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.

### **Equipment:**

The 2m/6' social distance requirement will be maintained. This means that some equipment will be "off limits" i.e. only 1 treadmill may be used at a time as well as 1 elliptical or bike.

### **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.

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. The door will be unlocked 5 minutes prior to your appointment. Use your access card to enter.
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 let us know if you use them as we will have to sanitize after use.

### **Membership Rates**

1. Membership payments will be due on the 1<sup>st</sup> of the month. E transfers are preferred; however, cash and cheques will be accepted too.
2. Please note our "Incentive" will be suspended due to the increased cost of sanitation and additional staff requirements.
3. New rates are (taxes included): Women: \$50, Men: \$45. 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