

COVID-19



Safety Plan and Rules for Fitness Classes

To maintain the safety of patrons and staff and prevent the spread of COVID-19, fitness classes look different. This includes the requirement for all participants to reserve their spot in advance. Reservations allow us to ensure physical distancing is maintained and provide time for staff to perform additional cleaning.

Reservations open at 12pm on Fridays for the following week. Please let us know by email or phone if you cannot attend by 12pm the day before your session to avoid being charged.

As with all programs and services:

- **Stay home** if you are sick, have traveled out of the country in the past 14 days or if someone in your household is has a confirmed case of COVID-19
- Wash or sanitize your hands before and after your visit
- Follow physical distancing – stay 2 metres apart (no congregating)
- Cover your cough and sneeze into your sleeve or tissue
- Masks are required recommended in transitions/common spaces – entrances, hallways, and lobby spaces

Fitness classes:

- Reservations required. No drop-ins permitted at this time
- Queue outside the facility at the distanced markers
- Clean equipment before and after use with disinfectant and paper towel
- No early arrivals or late departures
- Equipment should not be shared or used simultaneously
- Water fountain is not available, bottle refill only
- Washrooms available with limited capacity
- Change facilities are not currently available

Rules are subject to change and will be updated as needed. Those disregarding rules may be asked to leave the facility.