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COVID-19 SAFETY PLAN – Greenglade Community Centre: Low Intensity Fitness/Dance

Please reference facility specific COVID-19 safety plan for more details.

PUBLIC HEALTH MEASURES

- Name, contact information and time of attendance/schedule of work is collected for all participants and staff for contact tracing if required. It is easily and quickly accessible through staff schedules and registration software

ENVIRONMENTAL MEASURES

Ventilation

- Outer doors and windows should be left open at all times during the fitness class and for at least 10 minutes after class to allow for ventilation
- All mechanical heating, ventilation and HVAC systems are working properly and are regularly monitored by staff
- Fresh air intake has been increased as much as possible
- No wall or floor fans will be used

Floor Markings and Reducing Group Congregating

- Participants attending a class are permitted into the facility no more than 5 minutes prior to their class time. 5 minutes is provided to avoid bottlenecking prior to class start
- Participants are encouraged to wait in their vehicle prior to the class start or to remain physical distanced outside
- Classes have a separate exterior entrance and exit to avoid overlap with patrons attending other activities in the facility
- Spacing of a minimum of 10 minutes between classes ensures no overlap between classes when entering and exiting
- No changerooms/showers located at this facility, washrooms are available
- Participants will not be walking through the main facility. They will enter directly into the exercise space and exit directly from the exercise space.
- Signage posted on the door about expectations and wellness check

Cleaning and Disinfection

- Fitness staff will clean and disinfect all shared equipment between each use
 - High touch surfaces will be cleaned and disinfected by maintenance staff a minimum of twice daily
 - All prone or seated activities will utilize a mat to be cleaned and not utilize the floor
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- A decorative graphic at the bottom of the page consisting of several overlapping, wavy lines in shades of teal and light blue, creating a sense of movement and depth.



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ADMINISTRATION MEASURES

Occupancy

- Gymnasium has an occupancy limit of 25, Room #4 has an occupancy limit of 20 and Room #5 has an occupancy limit of 11. This is based on the provided calculation of 7m² per person/staff. Capacities of individual classes will be adjusted to align with that specific activity (i.e. lower capacity for yoga due to space taken up by prone position), but will not exceed the posted limit.
- Occupancy limits posted for all rooms at Greenglade Community Centre

Physical Distancing and Minimizing Physical Contact

- Physical distance of 2.5m between each patron will be maintained by reduced capacity
- Signage will identify exercise space layout in each room and provide instruction about physical distancing expectations. Instructors will set up equipment to designate the individual exercise spaces before class.
- Instructors will have a space to teach to ensure 2.5m from participants
- Instructors will only provide verbal feedback rather than hand-on corrections
- Physical distancing of 2m is expected when not exercising at all other times in the facility

Booking and Registration

- All patrons must be scheduled in advance, no drop-ins allowed
- At the time of booking all patrons are notified that they should not come if they are feeling sick and are provided the information on cancellation process on their receipt
- A minimum of 10 minutes will be scheduled between each class where there are no patrons in the space
- Exterior doors do not open until 5 minutes prior to class start (they remain locked)
- Safety protocols are provided to patrons at the time of booking and require acknowledgement

Audio

- Microphones are provided in Room #4 to ensure instructors are not required to raise their voice above a normal
- Instructors must keep music below speaking volume to reduce shouting in other rooms



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Food and Beverages

- Patrons encouraged bring a personal water bottle
- Water filling station is provided, however water fountain is turned off

Staying Home When Sick

- Employees are required to complete daily health check and report to their supervisor/manager
- CRD protocols in place for employees in the event of illness or if public becomes unwell when at the facility https://goto.crd.bc.ca/corporate/0620CorporatePlanning/COVID-19/CRD%20Safety%20%20Exposure%20Control%20Plan_COVID-19-November27.pdf?Web=1

PERSONAL MEASURES

COVID-19 Health Check

- Employees are required to complete daily health check and report to their supervisor/manager
- Participants are provided wellness expectations at time of booking and signage is posted for wellness check prior to entry

Exercise Attire/Personal Equipment

- Participants must come in their exercise attire – no changerooms available
- Participants encouraged to bring their own equipment if possible

Hand Hygiene

- Hand sanitizer provided at entry and exit to fitness class
- Waste bins provided for proper disposal of materials and are emptied daily

PERSONAL PROTECTIVE EQUIPMENT

- Masks must be worn at all times when not exercising, including instructors
- Masks encouraged during exercise, but not required

