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COVID-19 SAFETY PLAN – North Saanich Middle School, Neighbourhood of Learning: 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/dance 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 School District 63 staff. Concerns will be brought forward by staff/contractors if they arise
- 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
- There is currently only program at a time scheduled at this facility which eliminates overlap with other groups
- Spacing of a minimum of 10 minutes between classes ensures no overlap between classes when entering and exiting
- No changerooms/showers available, washrooms are available
- Signage posted on the door about expectations/traffic flow and wellness check

Cleaning and Disinfection

- Program staff will clean and disinfect all shared equipment between each use
 - High touch surfaces will be cleaned and disinfected by School District 63 custodial staff a minimum of twice daily
 - No prone activities scheduled at this time
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ADMINISTRATION MEASURES

Occupancy

- Gymnasium has an occupancy limit of 25, Multipurpose room has an occupancy limit of 25. 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 limit posted above.
- Occupancy limits enforced by limited registration numbers. This will also be posted in the Panorama office at the facility.

Physical Distancing and Minimizing Physical Contact

- Physical distance of 2.5m between each patron will be maintained by reduced capacity
- Instructors will educate and inform participants about the required spacing before and during the 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
- Safety protocols are provided to patrons at the time of booking and require acknowledgement

Audio

- Instructors must keep music below speaking volume to reduce shouting in other rooms. The dance program does not require constant instruction/speaking from the instructor

Food and Beverages

- Patrons encouraged bring a personal water bottle
- No water fountain access

Staying Home When Sick





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- Employee/contractors 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/contractors 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

