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## **COVID-19 SAFETY PLAN – Central Saanich Cultural Centre: Low Intensity Fitness/Dance**

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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
- 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 once daily
  - All prone or seated activities will utilize a mat to be cleaned and not utilize the floor
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## **ADMINISTRATION MEASURES**

### **Occupancy**

- Room A has an occupancy limit of 21, Room B has an occupancy limit of 15. This is based on the provided calculation of 7m<sup>2</sup> 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 Central Saanich Cultural Centre rooms

### **Physical Distancing and Minimizing Physical Contact**

- Physical distance of 2.5m between each patron will be maintained by reduced capacity
- 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
- Safety protocols are provided to patrons at the time of booking and require acknowledgement

### **Audio**

- Instructors must keep music below speaking volume to avoid raising voices above speaking volume (only yoga classes offered)

### **Food and Beverages**

- Patrons encouraged bring a personal water bottle



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### **Staying Home When Sick**

- Employees/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](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/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

