

COVID-19



Safety Plan and Rules for Weight Room Use

To maintain the safety of patrons and staff and prevent the spread of COVID-19, weight room use will look different upon re-opening. This includes the requirement for all weight room users to reserve their 1½ time slot 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.**

As with all programs and services:

- **Stay home** if you are sick, have travelled out of the province in the past 14 days or if someone in your household is sick
- 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

In the weight room:

- Reservations required. No drop-ins permitted at this time
- Queue outside the facility at the distanced markers in the north parking lot (parking lot with the playground)
- Clean equipment before and after use with disinfectant and paper towel
- Adhere to the reserved time block selected. No early arrivals or late departures
- Equipment should not be shared or used simultaneously (i.e. working in sets or circuits)
- Avoid spotting – only lift what you can manage on your own
- No sign up will be required for cardio equipment, but limit time to 30 minutes
- 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.