

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 looks different. 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. 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 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)
- **Masks must be worn at all times including while exercising**
- 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)

Note: If arriving by car, feel free to stay warm and dry in your vehicle while waiting for your reserved activity to begin. Our staff will be available up to 10 minutes past the start time to check you in. If you arrive more than 10 minutes after your sessions start time, just pop in to reception to let us know you are here!

- 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.