



# SEAPARC COVID-19 UPDATE - FITNESS

We are now ready to welcome you back to the facility for Weight Room sessions and Group Fitness classes. The health and safety of the public is our top priority. SEAPARC is following the guidelines set forth by the Provincial Health Officer, Work Safe BC, BCCDC, the BCRPA and Island Health.

Rules are subject to change and will be updated as needed. Those disregarding rules may be asked to leave the facility.

## General Facility Access Information

Signage is posted reminding users to observe health and safety precautions and follow best practices for physical distancing. These measures will help to ensure a safe space for all. Users are expected to continue to adhere to public health guidelines which includes:

- Reservations are required, drop-in is not permitted.
- Arrive no earlier than 5 minutes before your reservation
- Check-in with a SEAPARC staff prior to entering the facility. You may be asked “Has your overall health changed since you made your activity registration?”
- Masks must be worn at all times when not exercising
- Wash or sanitize your hands before and after your visit
- Keep a 2 metre distance from others at all times where possible
- Do not use the facilities or attend activities if you are sick or feeling unwell
- Stay home if you have traveled in the past 14 days outside of Canada
- Cover your cough and sneeze into your sleeve or tissue
- Do not loiter in the facility or on the grounds before or after your visit
- If queuing for entry outside the facility, please adhere to physical distancing of 2 metres between persons.
- Adhere to facility Code of Conduct
- Be patient and considerate of others

## Reservations

To book your visit to the Weight Room or a Group Fitness Class, please login to PerfectMind via our website or phone SEAPARC Reception at 250.642.8000.

- Reserve up to 2 weeks in advance of your preferred session
- Payment required at time of reservation and can be done by credit card, 10 punch pass or by applying a credit to your account
- Reserve your space online 24 hours/day, seven days a week
- Reserve your space by phone 250.642.8000 6:00am-8:00pm Monday to Friday, 7:30-8:30pm Saturdays, and 8:00-1:00pm Sundays
- 24 hours’ notice is required to cancel a session and receive a full refund or credit



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## SEAPARC Weight Room

To access the Weight Room, you must reserve a 1.5 hour time slot in advance. Reservations are available up to 2 weeks in advance.

- Capacity limited to 14, plus Weight Room Attendant
- Limit cardio machine use to 30 minutes
- Clean equipment before and after use with disinfectant and towel provided
- Arrive dressed for your workout
- Bring your own towel, hand sanitizer, water bottle & water
- Pool change rooms and showers will not be available for use
- Lockers will not be available
- Equipment should not be shared or used simultaneously. Complete all sets at one piece of equipment/station before moving on to the next.
- Avoid spotting and only lift what you can manage on your own
- Adhere to facility Code of Conduct

## SEAPARC Group Fitness Classes

To access Group Fitness classes, you must reserve a spot in advance. Reservations are available up to 2 weeks in advance. Group Fitness classes are currently limited to Low Intensity Exercises (does not result in significantly increased respiration rates)

- Capacity limited to 9 in the Fitness Studio and Multipurpose Room plus the fitness instructor
- Arrive dressed for your workout
- Bring your own towel, hand sanitizer, water bottle & water
- Required equipment will be set up/put away by the fitness instructor
- Clean equipment before and after use with disinfectant and towel provided
- Equipment should not be shared or used simultaneously. For select classes, participants may be required to bring own equipment. This will be communicated upon registration.
- Personal workout space will be marked on the floor, stay within this space throughout the class
- Keep a 2.5 metres distance from others while exercising
- Group Fitness classes will be conducted in a manner that utilize verbal cues while maintaining physical distance as much as possible
- Music levels will be decreased to reduce the need for the instructor to yell instructions
- Instructors must wear a mask at all times, unless they are exercising or in the designated instructor area.