

## Covid-19 Admission Standards

In order to have our doors open we have some health and safety protocols that are in place to prevent the further spread of COVID-19.

Please read carefully below to ensure you understand how you will be able to use the facility and take part in programs.

1. Try to plan your visit with minimal need for changing. Wear your workout clothes to the facility and home. If you need to change, plan to wear something that is easy to change into and out of to limit your time in the change room area. There are only 4 people allowed in the change room area at a time.
2. Masks must be worn when inside the building. You can take your mask off when you are stationary at a piece of equipment.
3. When you arrive for your appointment please allow time for social distancing, use hand sanitizer, answer screening questions and be signed in with name and phone number.
4. When using the fitness room a clipboard will be provided that displays a layout of the fitness room equipment. Circle any equipment that you used with the provided whiteboard marker.
5. When using the fitness room at the same time as others, use the cleaning spray and cloth provided in the bucket to wipe down any equipment after you've used it. Feel free to wipe any equipment down before you use it as well.
6. Leave any loose equipment such as dumbbells or skipping ropes in the bin by the door for our staff to disinfect.
7. Enter and exit the building using the front entrance from the parking lot. Follow the arrows marked on the floor to move to the fitness room.