
COVID-19 RISK MITIGATION PLAN (SAFETY PLAN) – FITNESS CENTRE

The following plan is provided to assist in minimizing the risk of exposure to the virus that causes COVID19 in the fitness room setting. This plan will be re-evaluated during operation on an on-going basis. Adjustments to the plan will be made as required and if the measures identified in the plan cannot be reasonably achieved, the fitness centre will be closed.

PART 1: ASSESSMENT

The Fitness Centre is located within the Revelstoke Community Centre.

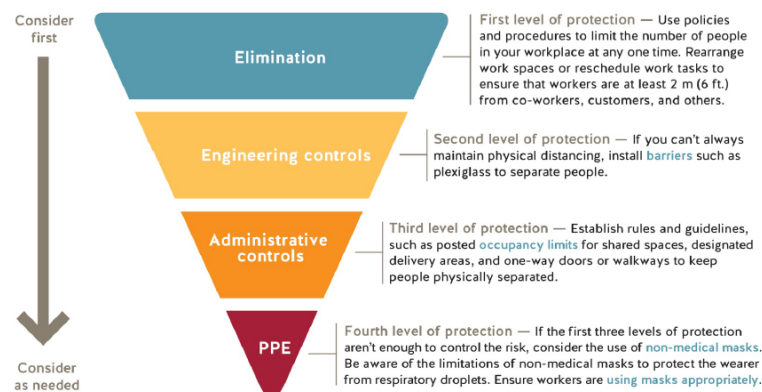
- ⇒ The fitness centre is currently unsupervised.
- ⇒ A video surveillance camera is installed in the Fitness Centre. Video footage of the area can be viewed from a monitor located behind the front desk reception area.
- ⇒ Access into the fitness centre is controlled by front desk staff. Patrons are required to report to the front desk before entering the fitness centre.

Surfaces that people touch often:

Door handles, light switch, TV remote, all exercise equipment including benches, free weights, mats, balls, scale, magazine rack, fan, water fountain.

PART 2: PROTOCOLS TO REDUCE THE RISKS IN THE FITNESS CENTRE

The virus that causes COVID19 spreads in several ways, including through droplets when a person coughs or sneezes, and from touching a contaminated surface before touching the face. As risks were identified, strategies were developed using the hierarchy of controls:



Elimination Controls:

- ⇒ Occupancy limit has been established in accordance to BCRPA's site calculations of 5 square metres per person (max 4 people).

- ⇒ Access is controlled – one entry point. Must report to front desk in order to obtain access into fitness centre.
- ⇒ Drinking fountain has been disabled. Touchless water bottle fill station is available in lobby area.
- ⇒ Fans have been removed.
- ⇒ Magazines, and TV remote have been removed.
- ⇒ Aquatic centre change rooms will not be available for use.
- ⇒ Where 2 metre spacing between equipment cannot be achieved, equipment will be moved out of the fitness centre.
- ⇒ Staff will close fitness centre during mid-day clean.

Engineering Controls:

- ⇒ Physical distancing stickers have been installed in the fitness centre to remind employees and patrons to practice physical distancing.
- ⇒ Signage has been installed directing one-way traffic flow, and where two-way traffic is necessary, to yield to oncoming traffic.
- ⇒ Signage has been placed at facility entrances directing staff and patrons not to enter the facility if they have symptoms of any illness consistent with COVID19.

Administrative Controls:

- ⇒ Staff have been informed not to come to work when sick.
- ⇒ Online booking system has been developed for fitness centre use. This will aid in tracking patrons using the facility.
- ⇒ Use will be restricted to membership only. No-drop ins.
- ⇒ Online payment options will be encouraged.
- ⇒ Staff will greet all patrons entering the fitness centre and at that time will ask common health assessment / screening questions.
- ⇒ Staff will monitor occurrences within the gym by checking on the video monitor on a regular basis.
- ⇒ If staff observe any patron exhibit symptoms such as a cough, fever, runny nose or sneezing, they have the right to ask the patron to leave the facility.
- ⇒ Signage has been placed throughout the facility reminding patrons of their responsibility to hand wash frequently, and to practice physical distancing.
- ⇒ No food, backpacks or additional belongings will be permitted in fitness centre.
- ⇒ Patrons will be asked to come dressed and ready for their workout.
- ⇒ Patrons will be reminded to bring a water bottle.
- ⇒ Patrons will be asked to arrive 5 minutes before their workout and leave immediately after.
- ⇒ Patrons will be reminded that they are responsible for disinfecting the equipment before and after use.

Personal Protective Equipment:

- ⇒ The use of PPE is not required for patrons.

- ⇒ Employees who are responsible for cleaning will be equipped with any PPE deemed necessary, depending on the cleaning process and chemicals including:
 - Disposable gloves
 - Surgical masks
 - Face shield
- ⇒ Staff will receive instruction on using masks appropriately.

Cleaning & Hygiene Practices:

- ⇒ Touchless hand sanitizing stations have been installed inside the fitness centre and at the fitness centre entrance.
- ⇒ Washroom facilities are located throughout the facility.
- ⇒ Signage posted in the facility, outlining effective hygiene practices as well as physical distancing recommendations.
- ⇒ Patrons will be reminded to:
 - Wash your hands frequently with soap and water. If soap and water are not available, please use hand sanitizer wipes.
 - Carry and use hand sanitizers.
 - Refrain from touching your face.
 - Cough and sneeze into tissue or elbow.
- ⇒ Staff will wash their hands when listed above in addition to:
 - After cleaning tasks
 - After handling garbage
 - After removing gloves
- ⇒ Public high touch surfaces will be cleaned by staff a mid-day, and then again at the end of the day by janitorial staff.
- ⇒ Participants will be asked to sanitize equipment before and after each use.
- ⇒ The following products will be available for use in the fitness centre:
 - [EP50 Multi-Purpose Cleaner](#)
 - [Oxivir – disinfects in 60 seconds.](#)
 - Single use paper towel
- ⇒ A cleaning schedule and task list for staff will be created that includes disinfecting high touch areas (Door handles, light switch, TV remote, all exercise equipment including benches, free weights, mats, balls, scale, magazine rack, fan, water fountain).

PART 3: POLICIES AND PROCEDURES

Illness Protocols for Patrons

- ⇒ Staff will greet patrons at sign in and ask common health assessment questions. For example, “How are you feeling today?”

- ⇒ If a patron is identified as having symptoms, the following procedure should be followed:
1. Recommend that they put on a mask and return home and that they contact their family physician, primary care provider or Health Link BC at 8-1-1. If the patron needs to wait for a ride home, they should sit in one location wearing a mask until their ride arrives.
 2. Do a thorough cleaning and disinfection of the space once the patron has left the facility.
 3. If staff observe any patron exhibiting symptoms such as a cough, fever, runny nose or sneezing, they have the right to discreetly request that the individual not attend the facility for a minimum of 10 days.
 4. If a patron or staff member tests positive, all patrons and staff who have been in contact with the individual will be notified immediately.

Illness Protocols for Staff

1. Supervisors to be trained on monitoring workers and the workplace to ensure policies and procedures are being followed.
2. If an employee is identified as having symptoms, the following procedure should be followed:
 - ⇒ If an employee is at home when they identify as having symptoms, they must:
 1. Inform their supervisor immediately.
 2. Remain at home.
 3. Contact their family physician, primary care provider or Health Link BC at 8-1-1.
 - ⇒ If the employee is at work when they identify as having symptoms, they must:
 1. Inform their supervisor immediately.
 2. Immediately put on a mask, maintain physical distancing from others and return home.
 3. Contact their physician, primary care provider or Health Link BC at 8-1-1.
 - ⇒ If the symptoms are severe such as shortness of breath (i.e. struggling to breathe or speak in single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.
3. If an employee has a COVID-19 diagnosis, the local Public Health department will identify any co-workers who may have been exposed to the sick person.

PART 4: COMMUNICATION PLANS AND TRAINING

- ⇒ This safety plan will be posted on site and on the City's website.
- ⇒ All workers have received policies for staying home while sick.
- ⇒ We have posted signage at the workplace, including occupancy limits and effective hygiene practices.

- ⇒ We have posted signage at the main entrance indicating who is restricted from entering the premises, including visitors and workers with symptoms.
- ⇒ Supervisors have been trained on monitoring worker's and the workplace to ensure policies and procedures are being followed.

PART 5: MONITORING THE WORKPLACE & UPDATING PLANS AS NECESSARY

This plan will be reviewed on an on-going basis and is subject to change. As we receive more information around COVID19 from the Public Health Office, Worksafe B.C. and other legislative bodies, changes to policies and procedures will be made as necessary.

PART 6: ASSESSING AND ADDRESSING RISKS FROM RESUMING OPERATIONS

- ⇒ Staff have been trained on new responsibilities.
- ⇒ Start-up requirements for the fitness equipment have been reviewed.

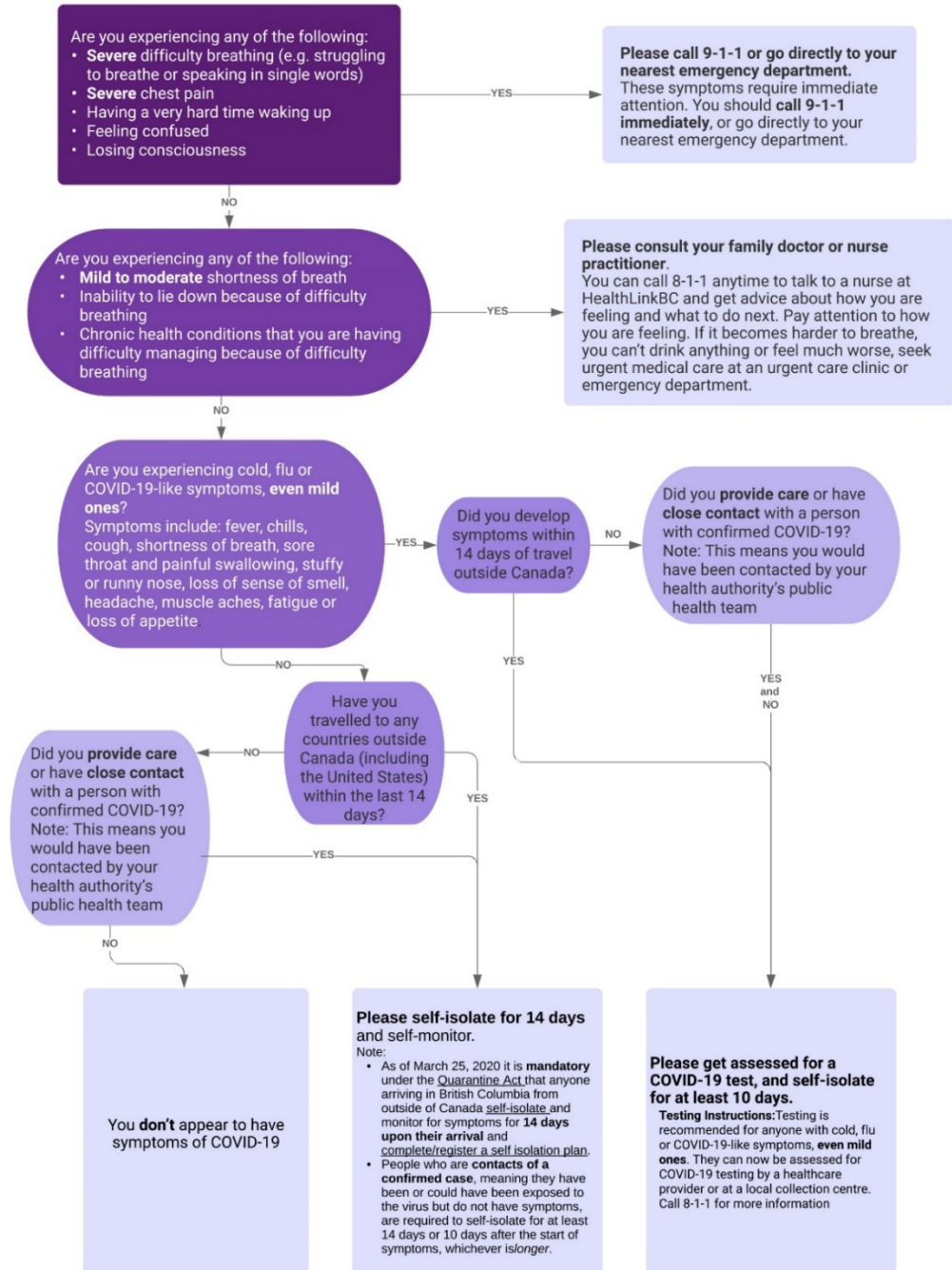
REFERENCES

1. BC Recreation & Parks Association. Recreation & Parks Sector Guideline for Restarting Operations. <https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>
2. Worksafe BC. COVID19 Safety Plan. <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
3. Interior Health Authority. COVID19 Guidance for Gyms and Fitness Centres <https://www.interiorhealth.ca/YourEnvironment/TattooPiercingTanningHair/Documents/COVID-19%20Guidance%20for%20Gyms%20and%20Fitness%20Centres%20-%2014May2020.pdf>

APPENDIX A: SCREENING FLOW CHART

BC COVID-19 Self-Assement Tool Flow Chart

source: <https://bc.thrive.health/covid19/en>



Cleaning Checklist for Fitness Room

To be performed mid-day (sign, date & time required)

Week of: _____

Task	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Time							
Door Handles							
Light Switch							
Equipment							
Benches							
Free Weights							
Mats							
Balls							
Scale							
Staff Initial							