
COVID19 – FITNESS ROOM PROTOCOLS

- ⇒ Use is restricted to membership holders only. No drop-in's
- ⇒ Bookings online will be in 1-hour increments, however workout times will be allocated to 45 minutes to allow for crossover between booking times and reduce interaction between those entering and leaving the facility.
- ⇒ Do not attend the facility if you are feeling ill or displaying common symptoms of COVID19.
- ⇒ 2 metre physical distancing in place at all times.
- ⇒ No socializing or gathering, in lobby area, washrooms, or parking lot, before, during or after your visit to the facility.
- ⇒ Please arrive 5 minutes before your workout and leave immediately after.
- ⇒ Please come dressed and ready for your workout, aquatic centre change rooms will not be available for use.
- ⇒ Please bring a water bottle. Drinking fountain has been disabled. Touchless water bottle fill station is available in the lobby.
- ⇒ Fans and TV remote have been removed from the facility.
- ⇒ Signs have been posted inside the fitness room reminding patrons of the COVID19 principles.
- ⇒ Participants will be asked to hand sanitize before entering fitness room and upon leaving.
- ⇒ Food is not permitted in fitness centre.
- ⇒ Users are expected sanitize equipment before and after each use.
- ⇒ Public high touch surfaces will be cleaned by staff at mid-day, and then again at the end of the day by janitorial staff.

General:

- ⇒ Be respectful and mindful of others using the facility.
- ⇒ Face masks must be worn at all times, including when exercising.
- ⇒ No spitting anywhere on the premise.
- ⇒ Please comply with facility protocols.

It is your responsibility to follow these guidelines. These requirements are subject to change at any time.