

COVID-19 SAFETY PLAN – Kelsey Centre: Low Intensity Fitness Class

PUBLIC HEALTH MEASURES:

Name contact information and time of attendance/schedule of work is collected for all participants and staff for contact tracing if required. It is easily and quickly accessible through staff schedules.

Environmental Measures

Ventilation

- Outer doors should be left open at all times during the fitness class and for at least 10 minutes after class to allow for ventilation
- All mechanical heating, ventilation and HVAC systems are working properly and are regularly monitored by staff and Tony Leggat Public Works Forman
- Fresh air intake has been increased as much as possible
- No wall or floor fans will be used

Booking and Registration

- All patrons must be scheduled in advance, no drop-ins allowed
- At the time of booking all patrons are notified that they should not come if they are feeling sick and are provided the information on the cancellation process.
- Exterior doors do not open until 5 minutes prior to class start (they remain locked)
- Safety protocols are provided to patrons at the time of booking and require acknowledgement.

Physical Distancing and Minimizing Physical Contact

- Physical distance of 2.5m (6ft) between each patron will be maintained by reduced capacity.
- Instructors will set up equipment to designate the individual exercise spaces before class.
- Instructors will have a space to teach to ensure 2.5m (6ft) from participants.
- Instructors will only provide verbal feedback rather than hand-on corrections.
- Physical distancing of 2m (6Ft) is expected and a mask worn when not exercising at all other times in the facility.

Floor Markings and Reducing Group Congregating

- Participants attending a class are permitted into the facility no more than 5 minutes prior to their class time. 5 minutes is provided to avoid congregating prior to class start.
- Participants are encouraged to wait in their vehicle prior to the class start or to remain physical distanced outside.
- Classes have a separate interior entrance and exit to avoid overlap with patrons attending other activities in the facility.
- No changerooms/showers located for this program; washrooms are available.
- Participants will be walking through the main facility. They will enter directly into the exercise space and exit directly from the exercise space.
- Signage posted on the door about expectations and wellness

Cleaning and Disinfection

- Fitness staff/Instructor will clean and disinfect all shared equipment BEFORE AND AFTER each use.
- High touch surfaces will be cleaned and disinfected by custodians/staff before next class.
- All prone or seated activities will utilize a mat or chair to be cleaned and not utilize the floor

ADMINISTRATION MEASURES

Occupancy

- Gymnasium has an occupancy limit of 7 for this class. One instructor and six participants. This is based on the provided calculation of 7m² (6ft) per person/staff and social distancing protocol.
- Occupancy limits posted for all activities at The Kelsey Centre.

Audio

- Audio equipment must be cleaned before and after each registered session.
- Instructor must keep music below speaking volume to reduce shouting.

Beverages

Patrons are encouraged to bring a filled personal water bottle. Water filling station are not provided.

Exercise Attire/Personal Equipment

- Participants must come in their exercise attire – no changerooms available.
- Participants encouraged to bring their own equipment if possible.

Hand Hygiene • Hand sanitizer provided at entry and exit to fitness class.

- Waste bins provided for proper disposal of materials and are emptied daily.

PERSONAL PROTECTIVE EQUIPMENT

- Masks must always be worn when not exercising, including instructors.
- Masks encouraged during exercise, but not required.

Staying Home When Sick

- Employees are required to complete daily health check and report to their supervisor/manager
- Kelsey Centre protocols in place for employees in the event of illness or if public becomes unwell when at the facility.

AEROBIC FITNESS SCHEDULE 250-282-5500		
MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED 1:00-1:45 (6 MAX.) PRE-REGISTERED 6:30-7:15 (6 MAX.)	PRE-REGISTERED 1:00-1:45 (6 MAX.) PRE-REGISTERED 6:30-7:15 (6 MAX.)	CANCELED
REGISTRATION MUST BE MINIMUM 10 MINUTES BEFORE SESSION. NO DROP-INS PLEASE.		