

Evolution Covid Safety Action Plan

Operating Hours:

6am – 9pm Mon-Fri; 8am – 8pm Sat/Sun

Updated:

November 20, 2020

Reduced Availability:

Memberships only: 10-Punch pass, drop-in and vacation pass sales suspended

Local access only: Out-of-town visitor access suspended

Eliminate High-Risk Services:

ChildMinding & Youth Playroom, Juice Bar, Laydown Tanning, Water Fountain, High-Intensity Group Fitness Classes (Spin, HIIT, CORE), Group/Team Training & Access

Highly Visible Signage:

Front Entrance: Memberships Only, Do Not Enter if

Lobby: Customer Entry Flow, Symptoms of Sickness, Ways to Reduce Spread, Debit Pay

Washrooms: How to Wash Hands, Ways to Reduce Germs, Tips for Healthy Gym

Info Board: Large covid news and updates section; Re-Post *Interior Health Dashboard*

Physical Facility Adaptations:

- Reduced number of Cardio units for appropriate spacing
- Eliminate equipment that cannot be properly sanitized
- Supplemental disposable paper towel
- Additional hand sanitizing stations: Studio & Climbing (5 total)
- Reorganize lobby furniture and plant-life for improved traffic flow
- Remove magazine library
- Redirect supplier deliveries to utility entrance
- Remove High Velocity Floor Fans

Enhanced Cleaning:

- New 'Daily Covid Cleaning' List
- Additional cleaning staff shifts
- Frequently sanitize commonly touched surfaces (entry door handles, POS terminal)

Staff Responsibilities & Hygiene:

- Wash & Sanitize your hands upon arrival and shift end
- Vinyl gloves to be worn during shifts and changed regularly
- Masks to be worn during shift
- Respect social distancing guidelines from clientele at all times
- Staff to remain at front counter at all times during opening hours; except to:
 - Perform facility walk-thru inspection every ½-hour
 - Quick and essential janitorial responsibilities
- Visually screen all clients for symptoms upon entry
- Direct customer traffic in Lobby

Client Responsibilities & Hygiene:

- Remain home, if you sense any symptoms of illness, or are just feeling 'off', or have just travelled outside of our 'locale'
- Arrive prepared to minimize over-crowding of locker rooms
- Masks to be worn at all times while at facility
- Avoid peak demand times 9-11am & 5-7pm whenever possible
- Limit exercise routine to 60 minutes during high demand
- Respect social distancing guidelines at all times
- Wash & Sanitize your hands upon arrival
- Use provided *Personal Sanitizer Spray Bottle and Cloth* to sanitize equipment contact surfaces before and after use
- Use Personal Sweat Towel to cover upholstery
- Training 'Pods' encouraged: 2-3 people

GroupEx:

- Yoga classes only; no high intensity classes
- Reduced Class Schedule
- Reduced Class Sizes: 10 maximum (down from 16)
- No back to back classes: 1 class AM; 2 class PM (45 minute break between)
- Isolate and sanitize any equipment used during class
- New Arrival Procedure:
 - ✓ Participants proceed directly into the Studio upon arrival
 - ✓ Additional 'entry' zone: coat hooks, benches, boot mat and hand sanitizer
 - ✓ Instructor has access to *Virtual Participant List* to confirm attendance

Capacity:

Facility Max: 50 people: 34 General Clients + Group Fitness (10 participants + 1 Instructor) + Staff (2 Front Desk, 1 Admin, 2 Trainers)

Room specific limits:

Strength Training: 10-12

Cardio: 10-12

Functional Training (*Fit-to-Play*): 8-10

Rowing-Stretch: 4-5 (*includes 3 Concept II Rowers*)

Climbing: 4-6 (*bouldering only; 1-pair max. in each quadrant, no rental gear*)

Studio: 6-8 (*Non-Class Times; See GroupEx Class Specific Limits*)

Video Spin: 4 (*2 per row*)

Locker Rooms: 6 (*Toilets and shower stalls included*)

Lobby: Transient zone, Limit congregating and extended lounging

Note: Social Distancing need not apply to Training Pods

Actions that may be implemented if *Interior Health* cases increase:

- Face masks for clients and/or staff
 - Level 1: To/From exercise area only
 - Level 2: All times within facility (NOW IN AFFECT)
- Front Desk clear plastic barrier
- Client timeslot reservations
- Designated floor zones