

Evolution Covid Safety Action Plan

Updated: December 7, 2020

- Limit access: local community, membership sales only; no casual visit options
- Additional cleaning staff and daily sanitization checklist
- Temporary suspension of high-risk services
- Improved client distancing through physical facility adaptations, limited room capacities and reduction of exercise machines
- Accurate *Contact Tracing* with software recorded check-in system

Reduced Access Options:

- Memberships only: 10-Punch pass, drop-in and vacation pass sales suspended
- Local access only: Out-of-town visitor access suspended

Long-Term Suspension of High-Risk Services:

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

Highly Visible Entry 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*

Response Planning:

- Client illness, with recent gym visit (within 48 hours):
 - Deep sanitization of facility (extra attention on areas client had used)
 - Notify clients via phone who were at facility during: self-monitor
 - Refer to current Interior Health protocol
- Staff illness, with recent work shift (within 48 hours):
 - Ill staff on immediate sick leave
 - Deep sanitization of facility (extra attention on staff used areas)
 - Notify clients and staff to self-monitor
 - Refer to current Interior Health & WorkSafe protocols

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
- Remove High Velocity Floor Fans
- Reduction in lavatory sink availability for improved distancing
- Encourage exterior air flow when temperatures permit

Enhanced Cleaning:

- Additional 'Daily Covid Cleaning' Checklist for all areas
- Dedicated morning cleaning staff (Monday-Saturday)
- Commonly touched surfaces sanitized frequently (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
- Ensure all clients recorded in software check-in system for accurate *Contact Tracing*
- Direct flow of customer traffic in Lobby

Client Responsibilities & Hygiene:

- Arrive prepared to minimize over-crowding of locker rooms
- Masks to be worn while at facility (*removed 'during exercise' when current BC law permits*)
- 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
- *Personal Spray Bottle and Cloth* provided to sanitize equipment before and after use
 - *Bottle & cloth returned to Front Desk after use for sanitization*
- Use Personal Sweat Towel to cover upholstery
- Immediately phone our Front Desk if you have tested Covid-positive and have attended our facility within the past 48 hours.
- Training 'Pods' encouraged: 2-3 people max

GroupEx: *Temporarily suspended until new provincial guidelines released*

- Yoga classes only
- 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

Actions to be adopted as needed:

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