

Evolution Covid Safety Action Plan

Updated: April 10, 2021

Local Assessment:

- Since March 1, 2021 the *BC CDC* has recorded 25 positive cases for the Elk Valley Region

Access Options:

- Short-term and long-term monthly memberships, 10-Punch pass permitted
- 8pm-8am Cardlock access suspended
- Casual Visitors: drop-in and vacation passes suspended

Services Suspended by PHO Order:

Cardlock Access, Water Fountain, All Group Fitness Classes, Group/Team Training, Showers

Highly Visible Signage:

Front Entrance: Do Not Enter if, Mask Required

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

Washrooms: How to Wash Hands, Tips for Healthy Gym

Info Board: Large covid news and updates section; Re-Post *BC CDC* case map

Response Planning:

- Software check-in system for accurate *Contact Tracing*
- Client illness, used facility during contagious period:
 - Deep sanitization of facility (extra attention on areas client had used)
 - Notify clients who are at risk of exposure to self-monitor
 - Refer to current Interior Health protocol advice
- Staff illness, active shift during contagious period:
 - Ill staff on immediate sick leave
 - Deep sanitization of facility (extra attention on staff areas)
 - Notify clients and staff to self-monitor
 - Refer to current Interior Health & WorkSafe protocols

Physical Facility Adaptations:

- Reduced number of Cardio units and strength benches for appropriate spacing
- Removal of equipment that cannot be properly sanitized
- Floor markers for movable strength training benches
- 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
- Exterior windows to be opened during facility hours to encourage air flow

Enhanced Cleaning:

- Additional 'Daily Covid Cleaning' Checklist for all areas
- Commonly touched surfaces sanitized frequently (entry door handles, POS terminal)

Staff Responsibilities & Hygiene:

- Self-diagnose prior to shift
- Wash & Sanitize your hands upon arrival and shift end
- Nitrile 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 usage of locker rooms
- Masks to be worn while at all times in facility
- Avoid peak demand times 9-11am & 5-7pm whenever possible
- Limit exercise routine to 60 minutes during high demand
- Respect 2m social distancing guidelines at all times; 2.5m while exercising
- Wash & Sanitize your hands upon arrival
- Training Partners encouraged: 2 people max, must be same household

- *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 notify our Front Desk if you have tested Covid-positive and have attended our facility within the past 48 hours.
- Spotting is only permitted between Training Partners

GroupEx:

- All group fitness classes currently suspended

Occupancy Limits:

Facility Max: 50 people

Room Specific Zones: *(All limits are below provincial guidelines based on 10m² exercise area)*

Each room has designated number of zones: 1-person or 1-partner pair per zone

Strength Training: 8 zones

Cardio: 6 zones

Functional Training *(Fit-to-Play)*: 6 zones

Rowing-Stretch: 2 zones *(2 of 5 Concept II Rowers available)*

Climbing: 3 zones *(solo or partners only, no rental gear)*

Studio: 6 zones

Video Spin: 1 zone

Locker Rooms: 2 zones *(Toilets and Changeroom areas combined)*

Lobby: Transient zone, staff to limit congregating and extended lounging

Patron Flow:

- Entry through Lobby *(Front Doors)*; Exit through Foyer *(Cardlock Door)*

Advanced Booking:

- Peak hours may require Advanced Booking; TBA