

Evolution Covid Safety Action Plan

Updated: April 12, 2021

Local Assessment:

- Since March 28, 2021 the *BC CDC* has recorded 21 positive cases for the Elk Valley Region

Access Options:

- Short-term and long-term monthly memberships, 10-Punch pass permitted
- Advanced Reservations required: See timetable below
- 24-Hour Cardlock access suspended
- Extended Weekday Hours: 6am-9pm (Mon-Fri); 8am-8pm (Sat-Sun)
- 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, Daily Health Screening

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, strength benches and spin bikes for appropriate spacing
- Removal of equipment that cannot be properly sanitized
- Floor markers for movable strength training benches and 2m guidelines
- 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:

- 'Daily Covid Cleaning' Checklist for all areas
- Facility closed midday for deep cleaning and sanitization routine:
 - Mon-Fri Noon-3pm
 - Sat/Sun Noon-4pm
- Commonly touched surfaces sanitized frequently throughout day

Staff Responsibilities & Hygiene:

- Health Screen 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 and discourage patron congregating

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 (household/bubble)

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

New Patrons & Tanning only Clients:

- Please phone Front Desk prior to entry: 250-423-3344
- Lobby seating reserved for new client registration and tanning clients

Entry Procedure:

- 1. Advanced Bookings Only:** Reserve your desired Timeslot
 - a. In-Charge Life App
 - b. evolutionfernle.com
 - c. Phone Front Desk 250-423-3344
- 2. Confirm Health Screen Requirements,** in the past 2-weeks:
 - a. You have been symptom free
 - b. You have NOT been out of country
 - c. No one in your Bubble has tested or is awaiting results
3. Enter through **Lobby Front Doors**
 - a. Say Hi to our wonderful staff!
 - b. Remove your outside shoes – front lobby shoe rack unavailable: Coat racks and Shoe cubbies available at Cardlock Exit door
4. Scan your **membership tag**
5. **Sanitize** your hands
6. Pickup your personal **sanitizer spray bottle/cloth & sweat towel**
7. **Enjoy your workout!**

After you've finished your workout...

1. Place your used sanitizer spray bottle in the **Used Spray Bottle Basket**
2. Place spray cloth and sweat towel go into the **Dirty Laundry Basket**
3. **Sanitize** your hands
4. Exit via **Cardlock Door**
5. **Enjoy the rest of your day!**

Advanced Booking:

Weekdays (Mon-Fri) 3hr Timeslots	
6AM – 9AM	Early Bird
9AM – Noon	Morning
Noon – 3PM	<i>Cleaning & Sanitization</i>
3PM – 6PM	After School
6PM – 9PM	Evening

Weekends (Sat-Sun) 4hr Timeslots	
8AM – Noon	Morning
Noon – 4PM	<i>Cleaning & Sanitization</i>
4PM – 8PM	Evening

➤ Maximum 50 patrons per timeslot

- Arrive anytime during your timeslot; exit prior to scheduled timeslot end time
- Reservations thru:
 - In-Charge Life App
 - www.evolutionfernie.com ⇨ GroupEx Schedule
 - Phone 250-423-3344 during front desk hours
- Reservation Times:
 - Opens at 7AM the day before
 - Closes ½-hour prior to timeslot end time
- Limit 1 timeslot reservation per day