

Evolution Covid Safety Action Plan

Updated: May 26, 2021

Local Assessment:

- Since May 1, 2021 the *BC CDC* has recorded 22 positive cases for the Elk Valley Region

Highlights:

- All Access Options Restored: Memberships, 10-Punch passes, Drop-In and Vacation Passes
- Casual Visitors and new members welcome: must phone ahead prior to first visit arrival
- Advanced Reservations are required for all patrons (*See timetable below*)
- 24-Hour Cardlock access restored
- Masks remain required at all times until June 15
- Return to regular hours: 8am – 8pm with no midday cleaning/sanitization break
- Stand-up and Laydown tanning available but must phone prior to arrival

Services Suspended by PHO Order:

Water Fountain, High Intensity 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 zones 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:
 - Affected 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:

- Separate Entrance/Exit ways: Enter through main lobby; Exit through cardlock doors
- Reduced number of Cardio units, strength benches and spin bikes for 2m spacing
- Removal of equipment that cannot be properly sanitized
- Floor markers for movable strength training benches and 2m guidelines
- 3 Additional hand sanitizing stations: Studio, Climbing and Cardlock Exit (6 stations total)
- Reorganize lobby furniture and plant-life for improved traffic flow
- Remove magazine library
- Remove High Velocity Floor Fans
- Exterior windows and exit doors to be opened during facility hours to encourage air flow

Enhanced Cleaning:

- 'Daily Covid Cleaning' Checklist for all areas
- Additional Staff hours for deep midday cleaning and sanitization routine:
 - Mon-Fri Noon – 3pm
 - Sat/Sun 1pm – 4pm
- Commonly touched surfaces sanitized frequently throughout day

Staff Responsibilities & Hygiene:

- Health Screen self-diagnose prior to shift: Request sub if you feel any symptoms of illness
- 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 have *Advanced Reservation* and *Scan-in* upon arrival
- Direct flow of customer traffic in Lobby and discourage patron congregating

Client Responsibilities & Hygiene:

- Arrive prepared to minimize usage of locker rooms
- Health Screen self-diagnose prior to arrival: Cancel your reservation and do not come if you feel any symptoms of illness

- Masks to be worn while at all times in facility until June 15
 - Mask exempt customers are required to identify themselves to staff upon arrival, maintain 2.5m from all other patrons and avoid all high intensity activity
- Avoid peak demand times 9–11am and 5–7pm whenever possible
- Limit exercise routine to 60 minutes during high demand
- Multiple daily visits permitted provided patrons advance book all workout sessions
- 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 (*same household/bubble*)

GroupEx:

- Low Intensity group fitness classes (Yoga) are permitted but due to mask requirement and seasonal demand all group fitness classes at evolution will be deferred until September
- High Intensity group fitness classes (Spin, Core Ball) remain suspended by PHO order

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 arrival: 250-423-3344
- Lobby seating reserved for new client registration and tanning clients

Entry Procedure:

1. **Advanced Bookings Only:** Reserve your desired Timeslot (*same as class reservation*)
 - a. In-Charge Life App
 - b. evolutionfernief.com
 - c. Phone Front Desk 250-423-3344

Note – if Timeslot has already begun you must call to reserve for that timeslot, App/Online reservation is only available *PRIOR TO* timeslot start time

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:

Advanced Reservation 3hr Timeslots	
8AM – 11AM	Morning
11AM – 2PM	Midday
2PM – 5PM	Afternoon
5PM – 8PM	Evening
8PM – 8AM Cardlock Access	After-Hours

- Maximum 50 patrons per timeslot (*Facility Capacity*)
- Arrive anytime during your timeslot; exit prior to scheduled timeslot end time OR confirm availability with staff if you wish to continue exercising into subsequent timeslot
- Reservations thru: (*same as GroupEx class reservation*)
 - In-Charge Life App
 - www.evolutionfernle.com ⇨ GroupEx Schedule
 - Phone 250-423-3344 during front desk hours

Note – if Timeslot has already begun you must call to reserve for that timeslot, App/Online reservation is only available *PRIOR TO* timeslot start time

- Reservation Times:
 - Opens at 7AM the day before
 - Closes ½-hour prior to timeslot end time (*example 10:30am for Morning timeslot*)
- Multiple daily visits permitted (*back-to-back timeslots reservation not permitted*)
- During Cardlock Access: *Client Responsibilities and Hygiene* remain in affect and nightly surveillance footage will be reviewed by staff to ensure compliance
 - Please ensure you are familiar with Evolution's **Cardlock Access Etiquette**