



RA LifeFIT

NEW COVID 19 SAFETY PROTOCOLS

RA/LifeFIT Centre – Hours of Operation

Monday to Friday: 7:15am to 7:00pm

Saturday and Sunday: 7:15am to 2:45pm

RA GroupFIT & SpinFIT Schedule

www.racentre.com/groupfit

Safety Measures

- **Authorities:** LifeFIT members will respect and follow all relevant measures issued by provincial and municipal public health authorities and RA. The LifeFIT staff will be responsible to oversee fitness activities to ensure health and safety measures are followed.
- **Prevention:** All participants will be instructed to not enter facility if they are experiencing symptoms or who may have been exposed to COVID-19. Upon entering the RA facility self-assessment screening tools will be prominently displayed for participants to review prior to commencement of any activity.
- **Notification of a COVID-19 diagnosis:** Any member who receives a COVID-19 diagnosis and has participated in a RA activity within the previous 14 days shall notify the RA immediately. RA management will quickly notify Ottawa Public Health who is primarily responsible for contact tracing and in consultation with Ottawa Public Health take all necessary actions including communication with others who may need to take additional precautions.
- **Compliance:** All members must sign and submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form prior to coming for their first workout.
- **Contact Tracing:** Each and every member (no doubling up) must tap their card upon entering the fitness centre, or sign-in with the LifeFIT staff for classes in the Gymnasium. Access door scan reports and class sign-up sheets will provide information to support public health contact tracing efforts in the event that there is a potential exposure. Members must adhere to the program times for which they are registered and check-in with the LifeFIT staff upon arriving. No drop-ins.
- **Signage:** The RA has installed safety signage about the risk of COVID-19 and practices that should be undertaken to mitigate risk. Directional and social distancing signage is present to help individuals keep a safe distance during their visit. All handouts and loose papers will no longer be available until COVID restrictions subside.
- **Building Safety and Cleanliness:** The RA has undertaken a full building deep cleaning. High-touch areas, including toilets and sinks, door handles and railings, will be cleaned on a frequent basis. All fabric chairs/couches have been removed and will be replaced with seating that can be cleaned and maintain physical distancing.

- Water: Water fountains will not be available and members are required to bring their own, properly identified, containers of water.
- Change rooms and lockers: Due to strict capacity restrictions and to reduce areas where physical distancing is more difficult, access to the change rooms and lockers is not allowed.

Your Workout Reservation

- **All members are required to pre-book their workout session or GroupFIT/SpinFIT class.**
- We ask that members CANCEL their reservation if they are unable to attend. (***We thank you for not coming into the facility if you do not feel well.***)
- Please check in with staff at the service desk or entry and verify your reservation
- Please bring your membership card and always tap into the Fitness Centre upon entry. Only members are allowed, please do not follow other members into the centre, wait and tap your card.
- Remember to bring your workout card and pen as we will no longer be storing workout cards or providing pens.

Personal Behaviour Protocol

- As you enter the Fitness Centre/Gymnasium, be aware of and follow the signage that directs the flow of traffic for physical distancing.
- Members are required to wear masks upon entering and exiting the Fitness Centre/Gymnasium and when circulating throughout the Fitness Centre/Gymnasium and the RA Centre (facility) including hallways, washrooms, stairwells etc. NOTE: **Members are not required to wear a mask while working out but are asked to wear them as they move between stations.** Sweat can make the mask become damp more quickly, which can make it difficult to breathe and may create more bacteria. Masks can also interfere with a person's breathing and people react differently. If you feel safer wearing a mask, please do so as long as it is not impeding on the safety of your workout.
- Please monitor your exertion rate as additional circulation/floor fans may not be used at this time.
- Please refrain from talking or socializing while working out; this helps minimize the spreading of airborne particles.

Cleaning and Sanitization

- All members will be asked to cooperatively be part of the cleaning and sanitization process. You are responsible for cleaning each piece of equipment you use BEFORE and AFTER using it.
- There will be sanitation stations, hand sanitizers and sanitizing wipe containers throughout the fitness centre/gymnasium.
- Please use only the provided sanitization wipes and clothes at the sanitization stations.

- You may use your own towel for a protection barrier, but you must follow the before and after sanitization protocol with the appropriate wipes and not your own personal towel as a cleaning agent.
- LifeFIT staff will be cleaning and sanitizing in addition to member responsibilities for before and after use cleaning.
- Cleaning and sanitizing protocols have been greatly increased. Along with half-hour cleanings after every session/class, a full sanitization with a "fogging system" will be completed twice daily.

Equipment Usage

- Please respect the signage that takes some of the equipment off line. Do not remove the signage or restrictive apparatus that blocks off the equipment.
- Cardio sign up is not required, however, we ask that you respect your fellow members and restrict your usage to 30 minutes if others are waiting for their session to begin. There are no restrictions unless someone has indicated they are waiting.
- Weight equipment and Benches: Because of restricted access and time, we ask that you are conscious of others who may wish to use the piece of equipment that you are using, and advise them of the time you may need, no sharing or "working in" during reps is recommended.
- If you need a spotter, they must be wearing a mask.
- Lifting straps and workout gloves are permitted for safety, but you must follow the sanitization protocol before and after use (they are not considered a barrier for virus protection).
- Lifting chalk is strictly prohibited at this time.

The following equipment will not be available for use at this time:

- Foam rollers
- Rubber Thera Bands
- Body Bars with neoprene covering
- Yoga mats/blocks/stretching straps

You may bring your own equipment, however, please do not share it, or leave it at the fitness centre. Staff will be removing all equipment or personal items that are left behind, and will not be held responsible for any damage or loss.