



## NEW COVID 19 SAFETY PROTOCOLS • GroupFIT/SpinFIT

*Updated September 2021*

### 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 group fitness activities to ensure health and safety measures are followed.
- **Prevention:** All participants will be instructed to not attend classes 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 **must sign in their attendance with the instructor or staff on the using the attendance sheet.** These 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 class times for which they are registered and check-in with the LifeFIT staff upon arriving.
- **Signage:** The RA has installed safety signage about the risk of COVID-19 and practices that should be undertaken to mitigate risk. 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. 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. However, water bottle filling stations are located in the Central Hall and **West Lobby.** Members are required to bring their own, properly identified, containers of water.
- **Proof of vaccination.** With our community's health and safety in mind, we are committed to encouraging all staff and members to be fully vaccinated (where eligible) and while we strongly support the development and implementation of a standardized vax-pass program (Covid-19 vaccination mandates for permitted entry to spaces), one is not yet available. As you can appreciate, without a sanctioned digital tool or electronic vaccine passport provided by public

health agencies, this is a difficult process – one that is unmanageable for us at this time. As things continue to evolve, we will reassess our position.

### Change rooms & Showers

- Change rooms and lockers: All change rooms will be available with new spacing protocols and capacity restrictions in place. Please do not leave any personal belongings in the lockers or affix a lock. Any personal items left in the change room will be removed and discarded on a daily basis. While the Province still remains in Stage 3 of re-opening, we encourage you to come dressed for your workout if possible, thus minimizing your contact and exposure in multiple locations.
- Showers will only be available in the West change room at this time.

### Your On-line Workout Reservation

- **All members are required to pre-book their classes**
- 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.***)
- If you do not have a computer, reservations may be completed through the Member Service Desk at 613 733 5100 (312), or sending an email to [LifeFITinfo@racentre.com](mailto:LifeFITinfo@racentre.com)

### Personal Behaviour Protocol

- As you enter the Gymnasium or LifeFIT Studio you are aware of and follow the signage that directs the flow of traffic for physical distancing.
- **Please check in with instructor or staff taking attendance upon entry and verify your reservation**
- **Revised Masking Policy.** We are happy to report that you do not have to wear a mask while you are actively engaged in exercise – unless you of course choose to. We remind you that you are required to wear a mask as you enter/exit the facility and if you are moving through the gymnasium and in all indoor spaces at the RA Centre. [Read more](#) on the RA's Mask & Face Covering
- Please monitor your exertion rate as additional circulation/floor fans may not be used at this time.
- Please refrain from talking or socializing on site. This helps minimize the spreading of airborne particles.

## **Equipment**

- We now have two storage rooms in the gym, they will be open and ready for your class.
- LifeFIT Staff will be on site to help put down markers for social distancing if we have any more than 10, and 20 is the current limit.
- We are asking members to clean the equipment before and after use, and then staff come in with a fogger after the class to fully sanitize. Members may go into the equipment rooms for their own equipment, but single entry only.

## **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 through out the facilities.
- Please use only the provided sanitization wipes and clothes at the sanitization stations.
- LFC staff will be cleaning and sanitizing in addition to member responsibilities for before and after use cleaning.
- 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.
- Cleaning and sanitizing protocols have been greatly increased. Along with cleaning after every class, a full sanitization with a "fogging system" will be completed twice daily.

## **Equipment Usage**

- We now have two storage rooms in the gym, they will be open and ready for your class. Members may go into the equipment rooms for their own equipment, but single entry only
- LifeFIT Staff will be on site to help put down markers for social distancing if we have any more than 10, and 20 is the current limit.
- We are asking members to clean the equipment before and after use.
- You may bring your own equipment to class, however, please do not share it, or leave it at the facility. Staff will be removing all equipment or personal items that are left behind, and will not be held responsible for any damage or loss.