

COVID-19 Group Exercise Safety Plan

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We take the health and safety of our members, their families, and our team very seriously.

Based on the requirements by Fraser Health Authority, it is prudent for Fitness Unlimited to act and make the following changes to our group exercise department and the way we conduct business as we reopen Group Exercise.

PUBLIC HEALTH MEASURES

CASE FINDING AND CONTACT TRACING

- All participants in Group Exercise classes must be signed up in advance of the class. Their full name and phone number is written down for contact tracing for 30 days.

ENVIRONMENTAL MEASURES

Environmental measures are changes to the physical environment that reduce the risk of exposure, such as increasing ventilation, and frequent cleaning and disinfection.

VENTILATION

- The window in the small studio will be always left open or partially open when the class is running.
- Both Group Exercise studios have rooftop exhaust fans that remove the air from the studio out of the building.
- All use of floor and wall fans discontinued.

FLOOR MARKINGS AND REDUCING GROUP CONGREGATING

- Floor markings ensure participants stay physically distanced from each other.
- 15-minute time between classes allows participants to arrive and exit without interaction or crowding.
- Late arrivals are not permitted to enter the studio and participate in the class.
- Members should arrive in exercise attire.
- Instructors will ensure no groups are congregating before and after class.
- Signage has been posted to indicate how these rules should be followed.

CLEANING AND DISINFECTION

- All equipment is disinfected before and after every class by the participant, including floor mats.
- Fitness Unlimited provides a spray bottle and microfiber towel to ensure cleaning.

ADMINISTRATIVE MEASURES

Administrative measures include the implementation of policies, procedures, training, and education that reduce the risk of exposure.

OCCUPANCY

- Both of our studios are located inside a 45,000 square foot fitness facility.
- The Large Group Exercise area is a 78 x 40 ft space. Staggered physically distanced floor markers are placed for participants to stand on so they are safely distanced from each other during class. The occupancy limit is 23.
- The Small Group Exercise Studio is 31 x 39 ft space. Staggered physically distanced floor markers are placed for participants to stand on so they are safely distanced from each other during class. The occupancy limit is 10.

PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

- Physical distance of 2.5 metres between each member in all directions always must be maintained while exercising by using the floor markers. If there is movement occurring in a class, each member should have enough space to ensure they are never within 2.5 metres of each other.
- Instructors should remain in a designated "instructor area" throughout the class where they can maintain 2.5m physical distance. Instructors must give verbal rather than hands-on corrections.
- Physical distancing of 2 metres must be maintained when not exercising and at all other times in facility.

BOOKING AND REGISTRATION

- All classes have participant numbers restricted and are on a pre-signup basis at reception.
- Late arrivals are not permitted to enter studio and participate in class.
- Minimum 15-minute time between classes allows participants to arrive and exit without interaction or crowding.
- Members will be asked not to arrive earlier than their scheduled arrival time.

AUDIO

- Instructors for exercise classes require microphones so that they are not required to raise their voices beyond a normal speaking volume. Microphones must be only used by one individual or covered for use.
- Music must be kept below speaking volume to reduce singing or shouting.

STAYING HOME WHEN SICK AND WHEN NEW SYMPTOMS DEVELOP

- Instructors are educated on the basic transmission facts of the Coronavirus, to better understand and maintain a safe and healthy environment.
- Signage is posted at entrance of building and entrance of studios not to enter if they have symptoms consistent with COVID-19.
- Before beginning class, employees must initial that they have answered 'no' to all questions on the Covid-19 questionnaire.
- Any instructor who may start to feel ill, must notify their supervisor immediately. Following these guidelines, the supervisor will be responsible to cover the shift.

- If an instructor has symptoms of a cold, flu, or Covid-19, including a cough, sneezing, runny nose, sore throat or fatigue they are prohibited from coming into work and must stay at home until those symptoms have completely disappeared.
- Instructors who live in the same household as a confirmed or clinical Covid-19 case, or who have been exposed to a confirmed Covid-19 infected person must follow all orders from Fraser Health Authority to get tested and/or self-isolate.

PERSONAL MEASURES

Personal measures are actions individuals can take to protect themselves and others. Examples include physical distancing, minimizing physical contact, frequent hand washing, practicing respiratory etiquette and staying home if sick.

COVID-19 HEALTH CHECK

- Employees must complete daily entry requirements before entering the facility.
- Members must complete daily entry requirements before entering the facility.

EXERCISE ATTIRE / PERSONAL EQUIPMENT

- Members are expected to arrive in exercise attire.
- Members are encouraged to bring their own yoga mats.

HAND HYGIENE

- Staff and participants are encouraged and trained to practice good hygiene, which includes frequent hand washing with soap and water, using the hand sanitizers and avoid touching their face and practice respiratory etiquette.
- Alcohol-based hand sanitizer is available at the entrance of the business and in multiple locations throughout the facility.
- Liquid soap and single-use paper towels are supplied in all washrooms.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

MASKS

- Masks must be always worn when not exercising.
- Instructors must wear masks at all times unless they are exercising or are in the 2.5m x 2.5m "instructor area".
- People who are unable to wear a mask due to a health condition or a physical, cognitive, or mental impairment, and people who are unable to put on or remove a mask without the assistance of another person are exempt from mask requirements. People who are unable to wear a mask must maintain at least 2 metres distance at all times when in the facility.

Please be assured we are striving to provide a safe and healthy environment. We thank you for your patience and understanding in following these new policies and procedures to keep us operating safely during these unprecedented times.