



Helping you Move Better, Feel Better and Perform Better

Body Fit Health Club COVID Re-Opening Framework – A Risk-Minimization and Economic Recovery Model

Framework: This document provides solutions and recommendations to the unique environments of an exercise setting operating within a COVID-19 environment. Our recommended protocols and practices meet or exceed all Government general principles and guidelines to operate at Phase 3, while also considering the unique environment and challenges of an exercise setting.

The Objectives of this framework are:

1. To develop a framework that provides a safe environment for participants to return to exercise at Body Fit Health Club that meets or exceeds both Ontario Government standards, but also considers international and national best practices.
2. Provide guidance to staff and patrons working and exercising at Body Fit Health Club.
3. To provide “Trust and Confidence” to the Government, public, staff and members that Body Fit Health Club is taking COVID-19 safety seriously and is taking all practical steps to mitigate this serious issue.
4. To provide protocols for staff and members to follow that meet or exceed the Provincial standards to safely operate in a COVID-19 environment.

ASSUMPTIONS:

All staff and participants in the facility are treated as if they may be infected with COVID-19. Government Restrictions regarding operations will be in place for the foreseeable future, thus requiring Body Fit Health Club to create sustainable changes to our operational strategies. The standards set forth are based on international and national best practices and could change.

This strategy will involve 4 key pillars:

1. Containment and contact tracing
2. Cleaning and sanitization
3. Staffing
4. Operations

CONTAINMENT AND CONTACT TRACING:

A. Control Access: Body Fit will always have at least one staff member present when open. All members will be REQUIRED to check-in at the beginning of each visit and check out when leaving.

B. Gym Occupancy: The number of occupants allowed into the facility for the purposes of exercising on the main gym floor at any one time will be limited to 50. This includes change rooms which will have their own capacity of 10 at any one time. This will ensure there is sufficient space to allow occupants to remain more than two metres from one another and complies with Provincial regulations for businesses permitted to open in Stage 3. This occupancy limit does NOT include participants exercising in the studio with Okami Kai. Those guidelines will be set out separately and come from Okami Kai.

C. Posting of Signs: A sign will be posted at the entrance to notify patrons that they should not enter and will be refused entry if they have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite. Or if they, or anyone they are living with, is either sick, self-isolating, or quarantined.

Signs will also be posted throughout the gym as a reminder to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe equipment before and after each use), and any other instructions or limitations, as applicable.

D. Manage Entry/Exit Points: Members will continue to use the main entry for access to the gym where they will be required to use hand sanitizer upon entering. However, all members must check out at the juice bar and exit via the Emergency Exit door to the west side of the juice bar next to the men's change room. This will ensure the continuity of physical distancing protocols.

E. Managing Equipment Access: Spaces between cardio and strength machines have been increased where possible to achieve adequate distancing between users and some machines have been taken out of service to achieve the same.

F. Encouraging physical distancing and discourage congregating: We understand that the gym has a large social component however, during this time and until further notice, we are encouraging members to conduct their workout and exit the facility when done. If you are working out with a family member or partner and one person finishes earlier than the other, please wait outside or in your vehicle to minimize touch points during your visit.

G. Small Group Classes will accommodate the 2-metre rule at all times during the session: Participant numbers in small Group Classes such as Boomers will be limited to 6. Additionally, the area on the turf will be marked off to prevent others from entering the space. Small group training will not commence until September.

H. Limit locker, washroom and shower use and avoid use if possible: Members are encouraged to arrive at the gym in workout clothes to avoid using locker rooms. When locker rooms are used, a disinfectant spray will be available to disinfect locker contact surfaces before and after use. If you use the washroom facilities, WASH YOUR HANDS with soap and water before re-entering the gym area! Shower facilities will be available but will be limited to two users at a time.

I. No Water re-filling at juice bar: Members are asked to bring enough water in their own filled water bottles to get them through their workout. Re-fills at the juice bar will not be permitted. However, you may re-fill them in the washroom.

J. Wearing of masks or face shields: According to Durham Health, Body Fit was advised by a Public Health Inspector of the following in an e-mail: "I also wish to emphasize that currently this instruction applies to businesses that are open in Stage 2 re-openings, and thus does not apply to fitness facilities/settings at this time." Further instructions regarding mandatory mask wearing in Stage 3 have not been provided. Therefore, and until further notice, masks are NOT mandatory while you are in the gym. If there is a change in this policy, all patrons will be notified immediately.

CLEANING AND SANITIZATION:

A. Members will be encouraged to sanitize their equipment before and after use.

Disinfecting spray bottles will be provided through out the gym with plenty of paper towel at convenient locations. Members will be required to wipe down the equipment with disinfectant before and after use. Use of re-usable towels to wipe down equipment will not be permitted.

B. Use of appropriate disinfectants: Body Fit Health Club has verified that the disinfectant used is effective against SARS-CoV-2 (the virus that causes COVID-19) and is listed on Health Canada's website noting it has been reviewed and confirmed to be effective against SARS-CoV-2;

C. Staff will perform routine sanitization of high touch items. Every hour on the hour staff will sanitize items such as door handles, counters, cardiovascular equipment consoles and other high touch areas. A log for such cleaning will also be kept.

D. Hard to clean equipment will be removed. Equipment such as foam rollers, yoga blocks, straps, ropes, and Kevlar medicine balls will not be available for use. If you have your own, you are encouraged to bring it.

E. Carpets and turf will be vacuumed daily as usual.

STAFFING – TO ENSURE STAFF AND MEMBER SAFETY, THE FOLLOWING GUIDELINES WILL BE IMPLEMENTED

A. Contactless interactions for both checking into and out of the facility and providing equipment. Bands, lacrosse balls, spray bottles and gliders will be kept at the front and available for members to use. After use, members will place them into a "dirty" bin where staff will sanitize before being made available for use once again.

B. Staff who feel unwell will be expected to stay home and self-quarantine for 14 days.

C. Staff will be trained to follow all new operating procedures.

D. Staff will wear masks while on the gym floor and will wear gloves when cleaning.

OPERATIONS

A. Checking-in to the facility: As members check-in, they will be asked to observe distancing measures. The old barcode swipe reader has been replaced with a contactless laser barcode reader similar to those in retail stores.

B. Locker Rooms: Locker availability will be limited and spaced apart accordingly. Those that rent lockers will be permitted to keep their locker but asked to observe physical distance measures.

C. Reduced hours of operation: While operating in the COVID climate costs will increase to run the facility day to day due to the increased cleaning protocol and less revenue is anticipated as a result of the recent surveys about members returning to the gym upon re-opening. We will operate with the assumption that as time passes, member confidence to return will increase and revenues will return. Therefore, rather than increasing dues, we will reduce over head costs to balance the economic recovery plan. As more members return, hours will be increased accordingly. The hours during the week will be split during the day to allow for a thorough cleaning and air ventilation. Upon opening, the hours of operation will be:

Monday thru Friday 7AM – 1:00PM and 4:00PM to 8:00PM

Saturday 8:00AM to 4:00PM

Sunday 8:00AM to 2:00PM