

SPA TOTAL FITNESS CENTRE

COVID-19 OPERATIONAL PLAN



PHYSICAL DISTANCING

We have established measures throughout our facility to maintain physical distancing. Physical distancing requires each member and staff to remain 6 feet (2 meters) apart from one another. We ask that members please abide by these measures in an effort to maintain physical distancing at all times while in the facility.

There will be capacity limits to each section of our facility and as a result we will be asking each member upon entry what amenities they plan on using.

ENTERING AND NAVIGATING THROUGH THE FACILITY

- Please be respectful of all members when entering and exiting the facility. If you see someone using the stairs, **please wait until the stairwell is clear before using.**
- While navigating throughout the facility, please adhere to all directional markers/arrows and maintain physical distancing at all times.
- We ask members not to gather in small groups to socialize. While we are proud of the unique and welcoming atmosphere we are all used to at the Spa, we ask that members complete their workout in a timely fashion and exit immediately upon completion.
- Members are asked to make use of handwashing stations and hand sanitizing stations throughout the facility as frequently as possible.

LOCKER ROOMS

- Physical distancing must be maintained at all times in the locker rooms. Please allow the hallway to clear before entering the locker rooms.
- We have used directional markers to help navigate throughout the locker rooms. Each row of lockers will only be permitted two (2) persons at a time. If you wish to access a row of lockers that is already occupied by two persons, **please wait until the row is clear before entering.**
- Washrooms and powder rooms (ladies locker room) will have a **maximum capacity of two persons at a time.** Please do not enter these rooms if they are already occupied by two persons.
- We will be disabling half of our available showers in an effort to maintain physical distancing. At the time of re-opening (June 1st), we will be temporarily be closing the steam rooms and saunas.
- If at all possible, we ask that you please change at home to limit traffic in the locker rooms as much as possible.

GYM

- We will be limiting the number of persons in our main gym during peak times throughout the day.
- We have rearranged some of our equipment in an effort to maintain physical distancing. We will be utilizing a portion of our tennis courts for members to access at their leisure.
- Some of our equipment is not able to be moved 6 feet apart and are clearly marked with a warning that physical distancing is not in place. **If you wish to use any of these pieces of equipment, please ensure that the neighboring equipment is clear before beginning.**
- Please refrain from gathering in groups while working out in the gym. We ask that you complete your workout in a timely fashion and exit once completed.
- Water fountains will not be in operation. We recommend bringing your own water bottle from home.

FITNESS ROOMS

- We have limited our class sizes to a maximum of 15 people per class. **All participants must enroll online or via the front desk to be eligible.** Physical distancing must be maintained at all times while participating in a fitness class.
- Only participants that have enrolled in the designated class will be permitted to access the fitness rooms. When entering/exiting the fitness rooms, please ensure the hallway is clear before proceeding.
- The fitness instructors will have placemats set out for each class for participants to stand. Participants must stay in their designated space at all times while attending fitness classes.

SPORT PERFORMANCE ROOM

- We have limited our class sizes to a maximum of 10 people per class. **All participants must enroll online or via the front desk to be eligible.**
- We have spread out our equipment to maintain physical distancing, which must be kept at all times while in a class.
- Participants are asked to not share any equipment and disinfect equipment once finished using.

FRONT DESK

- We have installed plexiglass at our front desk to help maintain physical distancing and prevent the spread of any infectious disease.
- We will only have one staff member behind the desk and another “floater” to help assist with any member concerns.

SWIMMING POOL

- Our swimming pool will be open and will have a maximum capacity of 15 people at all times.
- Members must check-in at front desk before entering to inform the front desk.

SQUASH, TENNIS AND RACQUETBALL COURTS

- All courts must now be booked in advance online or at the front desk. **Walk-up bookings will not be permitted.**
- Tennis courts will be allowed 6 persons per court (Doubles match, plus two coaches)
- Squash and Racquetball will be allowed to have competitive play and coaching sessions (coach and two other players, maintaining physical distancing), max 3 people per court.

MASK POLICY

Members are asked to wear a mask when navigating around the facility. We ask that members wear a mask when going in and out of the facility, to and from the locker room, while in the locker room, while waiting for a class, and all common areas. We do not expect members to wear a mask while they are actively engaging in exercise, including personal training sessions and fitness classes. We ask that members carry their mask with them at all times.

POLICY FOR EXCLUSION OF EMPLOYEES/MEMBERS REQUIRING SELF-ISOLATION

We are requiring our staff to sign a waiver declaring they have not been outside Atlantic Canada within the last 14 days and are not requiring to self-isolate. These forms will need to be signed on a weekly basis by all staff members.

Any member who has been outside of Atlantic Canada within the last 14 days, showing symptoms of COVID-19 or are required to self-isolate are not permitted to enter the facility.

ILLNESS/EXCLUSION POLICY

The Spa Total Fitness Centre will clearly communicate to all staff the exclusion policy in place for any employee displaying symptoms of COVID-19.

- All staff must self-monitor for symptoms and report to their supervisor if they have concerns about possible COVID exposure or possible symptoms.

- Any staff member developing symptoms of COVID-19 at work must immediately perform hand hygiene, report to manager, avoid contact with staff and leave as soon as it is safe to do so. They will be instructed to call 811 to arrange testing.
- Symptomatic staff will be required to self-isolate until tested for COVID-19 and the results are confirmed.
- If test results come back negative for COVID-19 but the staff member remains ill and/or symptomatic, they will remain on sick leave until symptoms have cleared.

Symptoms of COVID-19 include:

- Cough (new or exacerbated chronic)
- Headache
- Fever/chills
- Sore throat
- Marked fatigue
- Sneezing
- Congestion
- Body Aches
- Runny Nose

ENHANCED CLEANING AND DISINFECTION OF SHARED AREAS AND SURFACES

The Spa Total Fitness Centre will be adopting increased cleaning and disinfection measures to go along with guidelines that are already in place, in an effort to destroy bacteria and viruses. Members are asked to remain conscious when disinfecting equipment after use and are required to do so immediately when finished. **To repeat, members must disinfect their equipment once they are finished using, including after fitness classes.**

The Spa will be adding additional staff to our compliment to continually clean and disinfect in the gym, fitness rooms and lobby on a daily basis. We will be implementing the following schedule to ensure sanitation and cleaning are maintained.

Per public health order, we will not be offering towel service upon our re-opening on June 1st.

Cleaning Location	Frequency	Disinfecting Location	Frequency
Floors	At closing or as needed	Gym	2-3x per day
Washroom	3x per day	Fitness Room	After each class
Locker room	2x per day	Stairwell	2-3x per day
Gym	2x per day	Washroom	2-3x per day
Fitness Room	2x per day	POS Terminal	After each use
		Locker Room	2-3x per day

The Spa Total Fitness Centre uses the following solutions to clean and disinfect:

Cleaning Product	Ecopure EP77 Heavy Duty Cleaner
Mixing Instructions	Via automatic dispenser (supplier provided)
Disinfecting Product	Ecopure EP66 Disinfectant
Mixing Instructions	1:182 via automatic dispenser (supplier provided)

HAND WASHING/SANITIZER STATIONS

We all have to do our part to prevent the spread of illness. We know that practicing good hygiene is an essential part of preventing the spread of COVID-19. We will be increasing the number of hand sanitizing stations and hand washing stations available to our members. We ask that you please use them to help prevent the spread of infectious diseases, whenever possible.

To protect yourself and others from getting sick, we ask that you take the following precautions:

- Wash your hands often (in addition to routine times such as after using the washroom, before eating, etc.)
- Cough/sneeze into your elbow or tissue and throw away
- Avoid touching your eyes, nose and mouth with your hands
- Use alcohol-based hand sanitizer if soap and water are not readily available

Hand Washing Station	Location
Staff	Washroom
Public	Washroom, portable located in gym.
Hand Sanitizer Stations	Location
Staff	Front desk, lobby, office.
Public	Main entrance, lobby, fitness rooms, gym.