



THE FITNESS LAB

COVID-19 Mitigation Plan

Here at The Fitness Lab, the health of our clients and staff are of the utmost importance to us. During these unprecedented times and in order to provide services to the public, we have implemented the following safety measures:

- 1) Anyone displaying symptoms of COVID-19 will not be permitted to enter the facility.
- 2) Anyone who is currently quarantined, self-isolating, feeling unwell, or living with anyone with the previously stated will not be permitted to enter the facility.
- 3) Clearly marked placements on surrounding grounds to ensure adequate social distancing is adhered to while waiting to enter the facility.
- 4) Controlled access into the facility with at least one staff member on at all times.
- 5) Mandatory use of hand sanitizing station upon entering the facility. Ample hand washing and sanitization stations throughout the facility.
- 6) Clearly marked placements on studio floors that are at least 2 meters from any other individual in the studio. Clients are required to choose an area to stay at for the remainder of the class to ensure adequate social distancing is maintained at all times while participating in fitness classes.
- 7) Water dispensers will no longer be permitted for public use. Clients are advised to bring their own filled water bottles.
- 8) Contactless sign-in and forms of payment will be provided.
- 9) Sufficient time will be allotted between personal training appointments and group fitness classes to ensure there is adequate time for staff to properly clean and disinfect equipment between sessions.
- 10) There will be no use of reusable cloths or towels. Disinfectant spray and disposable paper towels will be available for clients to clean equipment, surfaces and bikes.
- 11) Only recognized disinfectants will be used and the manufacturer's directions will be properly utilized.
- 12) Class sizes will be limited based on the maximum number of people that are allowed in the facility at one time in accordance with distance restrictions.
- 13) Signage throughout the facility will inform clients of new social distancing parameters, safety precautions and any limitations in place.
- 14) When workouts are complete, clients are encouraged to leave adamantly to decrease congregation.

Notables:

- 1) Staff will wear a face mask and gloves during all group fitness classes.
- 2) Clients are asked to arrive no earlier than 15 minutes prior to their session start time. The front door will remain locked until that point and once the prior sessions participants have exited.
- 3) Clients are encouraged to bring their foot wear from home and are no longer permitted to leave their shoes at the facility. If shoe lace tying is required, clients are to complete this inside of the studio at an individually marked station to decrease congregation at entry benches.
- 4) Clients are encouraged to bring minimal personal belongings to the facility. If extra items are essential, please leave them in your vehicle if possible.
- 5) If clients at any point would like to use personal protective equipment while participating, please ask any staff member as we will have disposable masks and gloves available.
- 6) Use of foam rollers or muscle release equipment will no longer be permitted.
- 7) Clients are asked to please leave equipment after use as staff will now be handling, cleaning and returning all equipment after use.

These guidelines will allow us to follow the requirements in place by Fraser Health, while continuing to create a positive and safe environment.

Thank you for your participation to stop the spread! We are in this together!