

YCC 323- 50 Quebec

PROTOCOLS FOR THE FITNESS ROOM DURING THE COVID-19 PANDEMIC

The Fitness Room will be available daily to residents only, starting **July 16th, 2021** in accordance with COVID-19 government guidelines.

Disclaimer

Although we will do our best to disinfect the Fitness Room, there remains a risk that you may be exposed to the coronavirus. We recommend you carefully weigh the health risks against your desire to use the Fitness Room. **USE AT YOUR OWN RISK.** The Board of Directors and Officers, the Corporation and its contracted staff are not liable for any illnesses or other health issues that may occur from the use of the Fitness Room.

Conditions of Use

- No more than 3 the resident(s) may use the Fitness Room at any one time (no exceptions)
- Users are required to complete COVID-19 screening prior to entering and must sign out upon exiting.
- Wipe clean and disinfect all equipment you intend to use prior to use (wipes are available in the Fitness room)
- Cover coughs and sneezes with a tissue or elbow
- Minimize touching of surfaces within the room as much as possible
- Avoid touching your eyes, nose, or mouth with your hands
- Wipe clean stationary equipment you used and surfaces upon leaving
- Wipe clean and sanitize ALL the equipment you touched after completing your fitness routine
- On-site personal trainers are not permitted at this time (virtual trainers can be an effective option)
- Free weights are available. Dumbbell handles are to be wiped and dumbbells are to be placed back on the rack (in the proper order) once the user is finished using them

At the end of the **1 hour timeslot**, residents must leave the Fitness Room, regardless of their entry time into the Fitness Room.

NOTE: The Fitness Room will be cleaned and disinfected twice daily by the building staff. The equipment and surfaces will be disinfected with Vital Oxide using a light mist fogger. Although Vital Oxide is used in many hospitals as an antimicrobial product and is used in several consumer products, we recommend you consult with your doctor to ensure it is safe for you.

NOTE: To reduce the number of potential touchpoints, change rooms and saunas will be off limits and not be available at this time.

Entering/Leaving Fitness Room

The use of a mask or other face covering is required when on the common areas as per local by-law. Face coverings can be removed once inside the Fitness Room during the workout.

NOTE: It is particularly important that a face covering is used after a workout and upon leaving the Fitness Room due to heavy breathing and potential coughing after a strenuous workout. Please ensure the face covering is worn properly and covers the nose, mouth, and chin.

NOTE: These protocols will be regularly reviewed and revised as deemed appropriate when new information becomes available from the Ontario Provincial Government and/or local or regional government.