

COVID-19 Safety Plan Program: Early Bird Low Intensity Group Exercise



Public Health Measures

- Contact information (name and phone number or e-mail) of instructor and participant attendance available for contact tracing if required. Contact information is accessible through the Town of Smithers Recreation Department through registration software.
- COVID-19 Safety Plan for Early Bird Low Intensity Group Exercise will be sent to each participant, posted at the facility, and posted on the Town of Smithers website: www.smithers.ca

Environmental Measures

Ventilation

- Outer doors should be left open during the fitness class for at least 10 minutes after class to allow for ventilation.

Floor Markings and Reducing Group Congregating

- The entrance and the exit doors in the school (right IN / left EXIT).
- Staggered Arrival and Departure: The instructor will design each class so that the beginning warmup and ending stretch are long enough that participants can safely arrive and leave within the first and last minutes of class. They will be warmed-up enough to safely participate in the strength portion of the workout and cool enough to leave a few minutes early.
- The participants will be staggered in a semi-circle. Marked by a cone, they will each have an individual location 2.5+ meters apart.

Cleaning and Disinfection

- Registrants will bring their own hand sanitizer and equipment disinfectant. Registrants should sanitize hands, mat, and equipment before and after a workout. Tissues and disinfectant wipes must be properly disposed of immediately after use.

Occupancy

- Maximum 12 participants to safely manage in the space when in two groups.

Physical Distancing and Minimizing Physical Contact

- When working in smaller groups, the individual locations will be marked with cones 2.5+ meters apart.

Booking and Registration

- All registrants will be registered in advance of the program. No drop-in.

- Staggered Arrival and Departure: the beginning warmup and ending stretch are long enough that participants can safely arrive and leave within the first and last minutes of class.

Audio

- Music volume will be kept below speaking volume.
- Instructor will be encouraged to use a microphone so that they are not required to raise their voices beyond a normal speaking volume. If a microphone is not available, music volume will be kept low or turned off.

Food and Beverages

- Registrants must bring their own full water bottle.

Staying Home When Sick and When New Symptoms Develop

- Registrants must complete daily health assessments and stay home if they are showing symptoms or not feeling well.

Personal Measures

- Examples include physical distancing, minimizing physical contact, frequent hand washing, practicing respiratory etiquette and staying home if sick.

COVID-19 Health Check

- Patrons must complete daily entry requirements before entering the facility (e.g. Entry Check for Visitors)

Exercise Attire/Personal Equipment

- Patrons are expected to arrive in exercise attire as change rooms will be closed.
- All participants will take their own mats, weights, gliders, bands, Pilates balls, mat cleaning supplies and water bottles to class as requested by instructor.

Hand Hygiene

- Registrants should practice hand hygiene before and after a workout.

Personal Protective Equipment (PPE) Masks

- Masks must always be worn when not exercising. Masks can be encouraged to be worn during exercise, but not required.
- Instructors must always wear masks 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 always maintain at least 2 metres distance when in the facility.