



OLA FIT FOR LIFE COVID-19 SAFETY PLAN

WE HAVE “FLATTENED THE COVID-19 CURVE”

The shutdown is over and we are ready to get back to business. Although things will not be the same for now, we are making sure that the health and safety of our staff and members will always be our number one priority.

As we get back to our new-normal routines, we want to ensure you that we are planning to keep your gym extra clean and safe by disinfecting and sanitizing frequently. We will do our best to ensure that when you enter Ola Fit For Life you will always be entering a clean, safe & germ free environment.

We have developed the Ola Fit For Life COVID-19 Safety Plan for just this reason.

This guide will provide you with all the policy changes that in effect as of June 1st, 2020 till further notice. We aim to follow the recommended best practices and policies of our local Health Authority and Provincial recommendations.

OUR FACILITY & SERVICES

As directed by the Province we are now able to operate as a 24-hour gym.

Our business/staff hours will be:

Monday: 9 AM – 8 PM

Tuesday: 9 AM – 8 PM

Wednesday: 9 AM – 8 PM

Thursday: 9 AM – 8 PM

Friday: 9 AM – 6 PM

Saturday: 10 AM – 2 PM

Sunday: 10 AM - 2 PM

We have reduced our maximum occupancy to 13. Only ten members and three staff will be allowed in the facility at any one time.

Because we have limited occupancy and space, we will not be conducting any group classes at this time.

As directed, there will not be any towel service at this time.

To avoid congregating at front desk members are encouraged to send an email to info@olafitforlife.com or call 778-987-6345 for any administrative work.

Visitors of members/staff will not be allowed inside the facility.

Guest passes will be limited to only off-peak times and at manager's discretion.

One person at a time allowed at front desk. If more then they have to wait outside.

Visitors are encouraged to make appointment for tour/sign-up.

Payments are encouraged through software or tap, if terminal is used then it will be disinfected before and after use.

If tablets and writing instruments are used it will be disinfected before and after use.

HEALTH CHECK

- Members and Staff, please do not enter the facility if you have the following symptoms:
 - Fever
 - Chills
 - Cough
 - Shortness of breath
 - Sore throat and painful swallowing
- You must self-isolate and monitor symptoms for a minimum of 14 days:
 - If you display any of the above symptoms
 - If you are under the direction of the provincial health officer/medical doctor to self-isolate
 - If you have arrived from outside of Canada recently
 - If you have been in contact with a confirmed COVID-19 case
- Ola Fit For Life and it's staff have the right to refuse service to a member that displays any signs of illness. You will be asked to go home and stay home for 14 days minimum.

MEMBER PROTOCOL

- All members must pre-book their workout session online or by email to info@olafitforlife.com.
- Members should wait in car/outside until it is time for their booked workout session.
- Members must arrive at the gym in your workout clothes ready to start. Please bring separate clean workout shoes to change into right before entering our facility.
- Members must bring their own towels. At this time, we are prohibited to offer towel service.
- Members must bring ample filled water bottles for their workout session. Members must avoid refilling their water bottles at the gym. We will have water available for purchase.

- Members must wash/sanitize their hands before and after workout.
- Members must maintain 2 metres physical distancing at all times.
- Members must spray and wipe down any machine/equipment before and after use.
- Members must avoid using the shower room. If it is absolutely necessary to use the shower then you must inform our staff so that we can sanitize after each use.
- Members must not congregate inside the facility or outside our entryway.
- Members are encouraged to use time wisely as you only have 60 minutes in and out.
- Members must exit the facility without delay after their workout so that the next group of members can enter and get their full workout time.

STAFF PROTOCOL

- Staff who have symptoms of illness will be sent home and will need to self-isolate and contact their care provider.
- Staff are to wear mask and gloves at all times while in facility.
- Staff are required to wash hands after entering and before leaving facility.
- Staff are required to wash hands after touching any equipment.
- 2 persons max will be allowed in the office/meeting room (keep apart 2 metres).
- 1 person max will be allowed at front desk.
- Staff are to be allowed to be inside facility only during training or their shift.
- Staff must leave facility immediately after training or their shift.
- Staff are asked to keep personal items in their car if possible.

PERSONAL TRAINER PROTOCOL

- Personal trainers are to wash hands before and after training.
- Personal trainers are to change gloves with each new client.
- Personal trainers are required to ensure members wipe with disinfectant, before and after, all equipment that has been used during training.
- Personal trainers are to train from 2 metres away.
- Personal trainers are not allowed to do any spotting.
- Personal trainers are to train/correct/adjust verbally and/or by demonstrating.
- Personal trainers to use personal devices at home to complete any computer work.

SAFETY & INFECTION PREVENTION

- Hand washing station will be available for all members/staff to use before and after their workout/sessions.
- Hand sanitizing stations will be provided through out the facility.
- Members will take a disinfectant spray bottle at the start of their workout and use the same bottle for the full duration of their workout.
- Members are to use their spray bottle and paper towels to spray and wipe machine/equipment before and after each use.
- Equipment in the facility is spaced/blocked out to achieve a minimum of 2 metre distancing between users.
- Signage is available that members can place next to the equipment being used if distancing is not achievable so as to preventing the adjacent equipment from being used.
- Staff is to follow a strict cleaning protocol to clean high touch point areas before and after each workout session and during sessions.
- The OF4L Cleaning Guide specifies guidelines for each room in the facility.
- Staff will be trained and expected to follow the guide.
- Showers are discouraged but if absolutely necessary then member should let staff know so that the room can be sanitized after each use.

SIGNAGE

- Signage is posted at front door to restrict staff/contractors/members/visitors with any Covid-19 symptoms.
- Wall signage and floor decals are posted around gym/studio reminding to maintain 2 metre physical distancing.
- Signage is posted in each room/area showing occupancy limit in the room/area.
- Signage is posted around facility for effective hygiene practices.
- Signage is posted in washrooms reminding to wash hands and signage showing proper hand washing etiquette.
- Ola Fit For Life's new COVID-19 policies will be communicated to members and staff to keep them informed. Members and staff will also be notified of any changes to policy.
- Ola Fit For Life's safety plan and cleaning guide will be posted in the facility for our member's information and knowledge.