



OLA FIT FOR LIFE COVID-19 SAFETY PLAN

WE NEED TO WORK TOGETHER TO GET THE NUMBERS DOWN

Please know that we are doing all that we can and following Provincial orders to make sure that the health and safety of our staff and members will always be our number one priority.

As the number of cases rise up we must do all we can in our power and work together so that we can reduce the COVID-19 numbers in our region and do not overwhelm our health care system. We are working hard to ensure that this facility is kept 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 will also do our best to ensure all members are following protocols.

This plan will be frequently updated as new mandates and orders are enforced. We aim to follow all orders and recommended best practices/policies of our local Health Authority and Provincial recommendations.

Please ensure that you frequently read and refresh yourself on our safety plan and help us by working together, following all protocols and help by getting the numbers down.

OUR FACILITY & SERVICES

- As directed by the Province we are able to operate but under strict mandates.
As of November 8th, we have further reduced our maximum occupancy to 11.
- Only eight members and three staff will be allowed in the facility at any one time.
- There will be no group fitness classes conducted at our facility at this time.
Masks are mandatory inside the facility at all times.
- 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 than 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.
- 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.

- Our staff hours are:
 - 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: 9 AM – 2 PM
 - Sunday: 9 AM - 2 PM

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
 - Loss of smell or taste
- 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.

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 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.

MEMBER PROTOCOL

- All members are required to wear a mask at all times while in the facility.
- All members must pre-book their workout session.
- 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 not offering 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.
- Members must cancel their workout an hour before session time.
- No shows to a booked session will result in a no show charge of \$5 starting January 1st, 2021

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 is 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 are 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 are 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 are posted in each room/area showing occupancy limit in the room/area.
- Signage are posted around facility for effective hygiene practices.
- Signage are posted in washrooms reminding to wash hands and signage showing proper hand washing etiquette.
- Ola Fit For Life's COVID-19 policy updates will be communicated to members and staff via email.
- The member and staff are responsible to ensure they check and read all emails by us to keep updated and informed.
- It is the responsibility of members and staff to notify Ola Fit For Life if there are any email address updates that are needed.
- Ola Fit For Life's safety plan and cleaning guide will be posted in the facility for our member's information and knowledge.