



COVID 19 Guidance for Gyms and Fitness Centres Risk Mitigation Plan

<b>Facility Name</b>	Aspire Health & Performance
<b>Facility Address</b>	#150 2233 Leckie Rd. Kelowna, BC V1X 6Y5
<b>Facility Manager and Contact Info</b>	Shane Pizzey, <a href="mailto:shane@aspirehealth.ca">shane@aspirehealth.ca</a> , 250-215-4766
<b>Control Access</b>	<ul style="list-style-type: none"> <li>- Staff always on site throughout opening hours to monitor:</li> <li>- Sanitization, mask, and COVID Contract Tracing sign in upon entry</li> <li>- Disinfecting of equipment after use</li> <li>- Keeping mask on</li> <li>- Maintaining physical distance of 6ft.</li> <li>- Disinfect commonly touched surfaces every hour</li> <li>- Bags to be left at front of facility</li> <li>- FOB access has been disabled</li> </ul>
<b>Use Appropriate Disinfectant</b>	Germicidal cleaner (~8ml per 750ml) (didecyl dimethyl ammonium chloride, dimethyl benzyl ammonium chloride)
<b>Increase Facility Sanitization</b>	<p>Every hour to be disinfected by staff:</p> <ul style="list-style-type: none"> <li>- Free weights, kettlebells, barbells, bathroom stalls, taps, soap dispensers, plyo boxes, foam rollers, resistance bands, door handles, front desk, scale, cardio equipment handles, benches, bosu, fitness balls</li> </ul> <p>After every use to be disinfected by staff:</p> <ul style="list-style-type: none"> <li>- Pens used for sign in, discarded spray bottles, POS machine, massage gun</li> </ul> <p>After every use to be disinfected by members:</p> <ul style="list-style-type: none"> <li>- Bathroom taps, stall handles, toilet handles, equipment, foam rollers, mobility equipment etc..</li> </ul>
<b>Encourage Hand Hygiene</b>	<p>Hand sanitizer available: Pump upon entry, 1 in each bathroom and 1 upon request.</p> <p>Disinfectant spray: 2 bottles by each sink in bathrooms and one in each stall</p> <p>Handwashing stations: available in bathrooms</p>
<b>Limit Occupancy (physical distancing)</b>	<p>Minimum number of staff:1 max number of staff:4</p> <p>max number of clients at one time: 25</p>

<b>Post Signage</b>	<ul style="list-style-type: none"> <li>-Do Not Visit if Unwell: front door, signage upon entry</li> <li>-Symptoms of COVID signage: front door</li> <li>-Physical Distancing: tape on floor to separate benches at free weights</li> <li>-Physical distancing signage: at front door and throughout the facility</li> <li>-Hand hygiene poster: 2 in each bathroom and 1 in staff kitchen</li> <li>-Mandatory Mask signage in each bathroom, front door, and by examination rooms</li> </ul>
<b>Manage Patrons</b>	<ul style="list-style-type: none"> <li>-Patrons asked health-screening question by staff before training sessions</li> <li>-Disinfectant spray/towel provided for patron use: one bottle per client</li> <li>-Contactless payment via POS</li> <li>-Encourage physical distancing and discourage congregating</li> <li>-Group/Team classes are prohibited</li> <li>-Limited changeroom use, limit 3 people at a time</li> </ul>
<b>Limit Food/Beverages</b>	<ul style="list-style-type: none"> <li>-Water cooler available to refill bottles with sanitization after each use and disinfected every hour by staff</li> <li>-No fresh food or drink sold. Single Serve Biosteel sales by the containers/tubs</li> </ul>
<b>Manage Customer Entry Points</b>	<ul style="list-style-type: none"> <li>-Floor markings to indicated individual training spaces</li> </ul>
<b>Staff Health</b>	<ul style="list-style-type: none"> <li>-Staff to indicate wellness upon sign in/arrival to work.</li> <li>-Staff guidelines to notify manager and owner of illness/symptoms immediately</li> </ul>
<b>Other</b>	