



Updated: January 11, 2021

### Face Masks Required

- To enhance public safety and reduce the spread of COVID-19, the City of Richmond requires all visitors to wear masks in all City-operated facilities. Exceptions are permitted for people with sensory, cognitive or physical disabilities; those with chronic health conditions who are unable to wear a face covering; and children age five and under.
- Customers using a facility for physical activity (i.e. fitness, martial arts, dance, sports or swimming) or child care programs (i.e., licensed preschool and out of school care, daycamps) will not be required to wear a mask during their activity but must wear one when entering, leaving and moving around the building.

### Before Your Class

- Advance registration is required for all exercise sessions; drop-ins not permitted. Registration will be available up to two hours before the start of class time and is non-transferable.
- Complete a COVID-19 self assessment before entering the facility and do not attend if you:
  - are feeling ill and/or have any of the following symptoms: fever, chills, new or worsening cough, shortness of breath, new muscle aches or headache, or sore throat;
  - have travelled outside of Canada within the last 14 days; or
  - have been in close contact with a person who has a confirmed or presumptive case of COVID-19.
- Arrive no more than 10 minutes prior to the class.
- Come dressed for class as there will be no access to change rooms.
- Bring your own mat, filled water bottle, sweat towel, and hand sanitizer.
- Wash your hands with soap and water or clean them with alcohol-based hand sanitizer prior to the start of each class.

### During Your Class

- Help prevent the spread of COVID-19 by:
  - coughing or sneezing into your elbow, or covering your mouth and nose with a tissue
  - washing your hands with soap and water or cleaning them with alcohol-based hand sanitizer prior to the start of each class
  - refraining from spitting
  - wearing a mask (see Face Masks Required section above)
- Listen carefully to staff instructions and follow them closely.

- Maintain physical distancing throughout the class:
  - Individual exercise areas with a minimum of 2.5 metres between them will be provided for participants and instructors to stay inside of during their workout and to maintain distance from the person(s) around them.
- Do not share equipment; individual equipment will be provided for participants as required.
- Clean and disinfect equipment before and after use.
- Leave the facility immediately after the class ends.
- Avoid clustering in groups and respect everyone's personal space.

## Health and Safety Measures

- Participants must take personal responsibility to ensure they do not attend if they are sick, have travelled outside of Canada within the last 14 days, or have been in close contact with someone with a confirmed or presumed case of COVID-19.
- Programs are designed in accordance with provincial and local health guidelines, and with the ability to adjust as requirements change.
- Prior to registration, participants are required to complete a COVID-19 Risk Acknowledgement.
- Programs require advance registration (no drop-in) to support group size management.
- Program staff are trained in COVID-19 health and safety strategies.
- In the case of an emergency, first aid will be provided using COVID-19 guidelines and protocols.
- Handwashing or sanitization stations, including washrooms, are available.
- Personal items should be limited and kept in close proximity to the participant.
- No shared equipment unless it can be utilized in a touchless manner (e.g. agility ladders).
- Physical greetings (high fives, fist bumps, hugs) should be replaced with non-contact greetings or gestures.
- Maximum capacity will not exceed 25 people per class, including instructors and other staff, and will be assessed based on the type of class, size of program area and ability to maintain physical distancing.
- Signage with visitor limits for each space is posted.
- Fitness Instructors will provide verbal instruction only and wear headsets while instructing.
- Music will be kept at a low volume to prevent instructors from raising their voices.
- Start and end times of fitness classes are staggered to allow a minimum of 15 minutes in between classes.
- Use of portable fans is not permitted.
- All participants must stay 2 metres apart at all times when not exercising and at all other times when in the facility.
- The COVID-19 Cleaning and Disinfection Protocols will be followed, including:
  - High touch surfaces and items will be cleaned and disinfected between each use.
  - Small equipment provided to participants will be cleaned and disinfected at the end of each class.
- For staff and/or patrons who experience symptoms of illness while at the facility, a self-isolation containment area will be provided while waiting for transportation to a medical centre or home.