



Before Your Class

- Please do not attend our outdoor fitness program 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
 - Have been in close contact with a person who has a confirmed or presumptive case of COVID-19
- Advance registration is required for all outdoor fitness classes. Drop-ins will not be allowed.
- Register through [PROGRAM REGISTRATION](#) or by calling the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.
- Outdoor fitness programs are offered as either single or multiple-session classes:
 - Single-session classes may be booked one week at a time, starting at 10am on the Monday prior to the week in which the class occurs
 - Multiple-session classes may be booked as of 10am on Monday, June 29
- Registration will be available up until two hours prior to the start of class.
- Registration is non-transferable.
- Schedule is subject to change.

During Your Class

- Come dressed for class (and appropriate for the weather) as change rooms will not be available.
- Bring your own mat, towel or blanket for all classes (except Zumba), labelled water bottle, sweat towel, hand sanitizer and sunscreen.
- Wash your hands with soap and water or clean them with alcohol-based hand sanitizer prior to the start of each class.
- Listen carefully to staff instructions and follow them closely.
- Maintain physical distancing throughout the class:
 - Individual exercise areas with a minimum of 2 metres between them will be provided. Please stay in your designated area for the duration of the class.
- There will be no shared equipment. You will receive your own equipment to use for the duration of the class.
- When arriving for class, please arrive a maximum of 10 minutes early:
 - Upon arrival, check in with the Instructor
 - Find a designated exercise area and get yourself set up
- Avoid clustering in groups and leave the area immediately after the class ends.

Health and Safety Measures

- Participants must take personal responsibility to ensure they do not attend if they are unwell, 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 are registered (no drop-in) to support group size management.
- Programs will take place predominantly in the outdoors.
- Program staff will be 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, will be available at all programs. There will be no access to change rooms.
- Participants should bring their own water bottle and fill it prior to attending class.
- Personal items should not be shared and kept in close proximity to the participant.
- No shared equipment unless it can be utilized in a touchless manner (e.g. agility ladders).
- Equipment will be disinfected after use.
- Physical greetings (high fives, fist bumps, hugs) should be replaced with non-contact greetings or gestures and ensure you are always respecting their personal space.
- Avoid clustering in groups. Do not arrive more than 10 minutes prior to your program and leave the area immediately after it ends.
- 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

Fitness Passes and Memberships

All Fitness Passes and Memberships will be extended to cover the amount of time facilities are closed. When the facilities re-open, the additional time will be added to your pass or membership. This includes monthly and annual passes for fitness centres, Richmond aquatic facilities and other facility-specific passes.