

Avid Fitness- Covid-19 Safety Plan

1. Maximum 13 people plus 2 staff members in the facility at one time. 15 people max total. Booking system is not necessary at this time, but is a possibility in the future.
2. Two staff members on at all times to ensure each section of the gym and bathrooms are disinfected every hour.
3. Patrons will be asked the following questions when they arrive:
 - Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
 - Are you, or anyone you are living with, either sick, self-isolating, or quarantined.

Any patron who answers 'yes' to the questions above, should not be permitted to enter the facility. It is recommended that anyone with symptoms of COVID-19 call 8-1-1 for guidance. Staff members who have any symptoms of Covid-19 or live with anyone with symptoms of Covid-19 will not be able to work and will be asked to quarantine for the recommended number of days by Health Canada.
4. The front door will be left open and hand sanitizer will be available when patrons enter.
5. Patrons and staff are encouraged to keep a 2 m distance at all times, wash their hands and use hand sanitizer stations located throughout the gym.
6. Patrons will receive their own disinfecting bottles at the door and are encouraged to wipe down gym equipment before and after use with paper towel not reusable towels.
7. Contactless forms of payment will be used as much as possible. We want to limit interaction at the front desk as much as possible. If you would like to become a member at avid consider calling or buying your membership online at avidfitness.ca.
8. Cardio machines have been distanced and/or coned off to encourage a 2 m or more distance between patrons.
9. Unnecessary conversations are discouraged. Patrons are to enter and exit the facility without delay.
10. Patrons are to arrive to the gym in gym attire. Change rooms are closed. Use of lockers is discouraged, but if necessary will be disinfected immediately before and after use.
11. Patrons will bring their own filled water bottles. Water fountains are closed. Patrons may buy water bottles if they need, or a staff member may give them tap water from the kitchen in a clean disposable cup. Staff members are not to refill patrons personal bottles.
12. Showers are closed.
13. Some gym equipment such as resistance band and cable ankle straps will be located at the front desk. Patrons will need to put them in a "used" bin for staff to disinfect properly.
14. Group Fitness classes may be conducted at a 2 meter distance between Instructor and all participants. Equipment will be sanitized before and after use. If inside all surfaces must be disinfected before and after.