

LET'S KEEP THE FITNESS CENTRE SAFE!

By swiping your card and entering the facility, you're confirming that you do not have any cold/flu-like symptoms e.g. fever, cough, difficulty breathing OR have not been in one of the following scenarios.

- You have not travelled outside of Canada within the last 14 days
- You have not been in close contact with someone who has travelled outside of Canada within the last 14 days
- You have not been in close contact with a probable or confirmed case of COVID-19

PLEASE HELP US CONTROL THE SPREAD OF COVID-19 BY FOLLOWING THESE INSTRUCTIONS AND OTHER PROTOCOLS IN THE FACILITY.

- Show up at your booked workout time and leave promptly at the 75 minute mark
- Respect physical distancing by staying 2 meters apart
- Wash your hands often with soap and water for at least 20 seconds, including upon arrival and exit
- Follow the directional arrows as indicated on the floor
- Observe the capacity limit in each space
- Leave an empty machine between you and your neighbour for physical distancing
- Wipe down equipment before and after use
- Dispose of paper towels and tissues in the garbage bins
- Place used towels in designated laundry bins or chutes
- Don't touch your face
- Cough or sneeze into your sleeve not your hands
- Face masks must be worn at all times. Masks can be removed when exercising, showering or using the hot tub or steam room