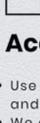


# New Gym Guidelines



## Access

- Use the new designated entry and exit doors
- We are required to screen each arriving visitor
- High contact areas such as the water station, will temporarily be closed for student use



## Spacing

- Instructors will maintain a safe distance from students
- Designated markers on the floor to help students & athletes keep a safe distance
- Unused equipment will be removed to provide more space



## Occupancy

- We are expecting to reduce our class sizes
- Class times will be reduced to 55 min
- Open Gym will be capped at 15 max (now 8PM - 10PM)



## Information

Please note the signs around the gym:

- Signs with questions for self screening
- Signs designating appropriate doors
- Markers for directing foot traffic and floor spacing

Reminder: This is a fluid document, will be subject to changes

# Parents



## Preparation

- Have the students changed and ready BEFORE arriving to class
- Minimize personal belongings
- Bring a water bottle (labelled)



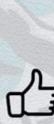
## Drop offs / Pick ups

- Please be on time for drop offs & pick ups



## Communication

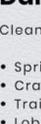
- We kindly ask that any questions and concerns be communicated via email or phone



## Waiting

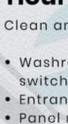
- If you are staying until the class is over, please wait outside in your vehicle

# Students & Athletes



## Preparation

- Be changed and ready BEFORE arriving to class or Open Gym
- Minimize personal belongings
- Bring a water bottle (labelled)



## Washing Hands

- Wash your hands when entering & exiting the gym



## Training Shoes

- Keep them clean & for indoor use only
- Disinfect them at the cleaning station before going on and off the floor



## Good Habits

- Maintaining a distance of 2 metres
- Cover your cough or sneeze with arm or sleeve
- Wash your hands after coughing or sneezing
- Do not touch face

# Cleaning & Disinfecting



## Daily

Clean and disinfected daily:

- Spring Floor Carpeting
- Crash mats
- Training boxes
- Lobby
- Parkour Structure



## Hourly

Clean and disinfected hourly:

- Washrooms (Sinks, toilets, light switches, & door handles)
- Entrance door handles
- Panel mats
- Kicking paddles
- Railings

## High Contact Areas

- Hand sanitizer will be provided near high contact areas
- Contact-less payment when possible
- Storage area may be spaced or blocked off

# Help prevent the spread of COVID-19



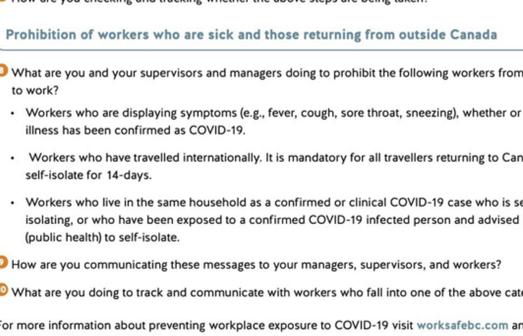
Wash your hands often with soap and water for 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

## Wash your hands:

- When you arrive at work
- Before and after going on a break
- After using the washroom
- After handling cash or other materials that have come into contact with the public
- Before and after handling shared tools and equipment
- Before and after using masks or other personal protective equipment

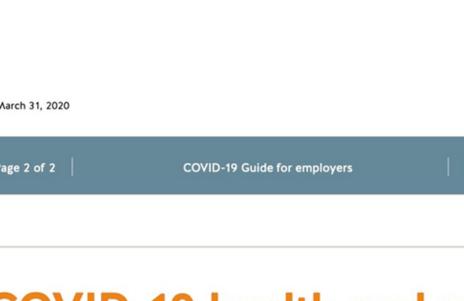
# Help prevent the spread of COVID-19

## Cover coughs and sneezes



Cough or sneeze into your sleeve, not your hands. Avoid touching your face with your hands.

Cover your mouth and nose with a tissue and put your used tissue in a wastebasket.



Wash your hands with soap and water for at least 20 seconds.

Clean hands with alcohol-based hand sanitizer.

## Preventing exposure to COVID-19 in the workplace

### A guide for employers

Orders from the provincial health officer (PHO) and guidance to employers and businesses provided by the BC Centre of Disease Control represent the minimum standard that employers must meet, to comply with obligations to ensure worker health and safety. To address health and safety concerns in the workplace raised by COVID-19, ask yourself the following questions:

- 1 How are you telling your workers about COVID-19 (i.e. exposure to COVID-19 in your workplace)?
- 2 Do you have a system in place where workers (including joint health and safety committee representatives and worker representatives) can inform you of concerns relating to being exposed to COVID-19 in the workplace? Find out if there are any specific tasks that concern them (e.g. tasks that involve interacting with others).

#### Identifying exposure hazards and developing measures to control exposure

- 3 What are you doing to prevent your workers from being exposed to COVID-19?
  - Have you done a walk-through of your workplace, to identify specific conditions or tasks that may increase the risk of exposure of your workers to COVID-19?
  - Have you asked your workers (including your joint committee or worker representative) where potential exposures may occur and how they think exposures can be controlled?

- 4 Have you developed controls that will eliminate or minimize the risk of exposure?
  - What are those controls?
  - Have you put them in place?
  - How are they working (are they effective)?
  - How do you know how they are working?

#### Controlling the number of people on site

- 5 How are you controlling the number of workers and other people at your workplace?
  - Do all your workers need to come to work? Can some work from home? (Learn about Health and safety responsibilities when working from home.)
  - Can you stagger shifts, to reduce the numbers present at one time?
  - Are you ensuring there is adequate cleaning between shifts?
  - Can you prioritize the work that needs to be done at the workplace to help your business operate as close to normal under the circumstances? This will require a determination of core work and where it can safely and productively be performed.

- 6 If you have workers who need to come to the workplace, how are you ensuring the following steps are being taken to reduce their risk of COVID-19 exposure? Different workplaces will have different needs but the following steps are a good start:
  - Position workers to allow for physical distancing. Keep 2 metres distance between workers and customers, clients, and other workers.
  - Provide soap and water or hand sanitizers and encourage workers to wash their hands frequently.
  - Enhance cleaning and disinfecting of the workplace, particularly high-contact items such as door handles, faucet handles, keyboards, and shared equipment (e.g., photocopiers).
- 7 How are you checking and tracking whether the above steps are being taken?

#### Prohibition of workers who are sick and those returning from outside Canada

- 8 What are you and your supervisors and managers doing to prohibit the following workers from coming to work?
  - Workers who are displaying symptoms (e.g., fever, cough, sore throat, sneezing), whether or not the illness has been confirmed as COVID-19.
  - Workers who have travelled internationally. It is mandatory for all travellers returning to Canada to self-isolate for 14-days.
  - Workers who live in the same household as a confirmed or clinical COVID-19 case who is self-isolating, or who have been exposed to a confirmed COVID-19 infected person and advised by 811 (public health) to self-isolate.
- 9 How are you communicating these messages to your managers, supervisors, and workers?
- 10 What are you doing to track and communicate with workers who fall into one of the above categories?

For more information about preventing workplace exposure to COVID-19 visit [worksafebc.com](https://worksafebc.com) and the BC Centre of Disease Control.

- 11 There may be some machinery or equipment in your workplace that isn't used often. To reduce the amount of cleaning you have to do, consider cleaning these items and then boxing them or covering them with plastic drop sheets or tarps until you need them.

## Handwashing

Regular handwashing is an important part of maintaining clean surfaces. Establish handwashing procedures and communicate them to workers. Establish policies to ensure that workers are washing their hands regularly: at a minimum, when they arrive, immediately before any breaks, and just before leaving. This may be the most important infection control for your workplace.

Ensure workers have access to handwashing facilities. If none are available, set up handwashing stations or provide alcohol-based hand sanitizer.

## Let's all do our part

When workplaces in British Columbia are healthy and safe, they contribute to a safe and healthy province. As COVID-19 restrictions are lifted and more businesses resume operations, let's all do our part. For more information and resources on workplace health and safety, visit [worksafebc.com](https://worksafebc.com).