



DISCOVER
FITNESS / PERFORMANCE

The following requirements have been put into place for the health and safety of the members, desk staff, trainers and owners of Discover Fitness/Discover Performance Inc. Strict adherence to these requirements is mandatory and will be monitored closely.

Please read carefully as any breach of this document can, and will, result in immediate termination of your membership at DF/DP. If an external trainer is in breach of this document, this can, and will, result in immediate termination of their contract.

HOURS OF OPERATION

The gym will be accessible for members as follows:

Monday – Friday 5:00 am – 10:00 pm

Saturday – Sunday 7:00 am – 10:00 pm

Main door will be locked at all times Access by using key fob.

OCCUPATIONAL HEALTH AND SAFETY

We have drafted a document with measures and procedures for staff safety including infection prevention and control. We have also provided all staff the detailed guidelines for COVID-19 as outlined on the Ministry of Health's COVID-19 website.

If a staff member is diagnosed with COVID-19, the staff member must remain off work for 14 days following the onset of symptom(s). They must then receive clearance from the Timmins Porcupine Health Unit (PHU) prior to returning to work.

If a staff member is in close contact of an individual diagnosed with COVID-19, the staff member must remain off work for 14 days from last exposure and consult with the PHU to determine when they can safely return to work at our facility.

Members will be required to wear a mask when entering/leaving the facility. Once you are on the floor and ready to work out, you may remove your mask. If you need to leave the main floor to access bathroom, you must put your mask back on.

The following is an overview of our main points of wellness and safety during COVID-19. As Government Policies and guidelines change, so will this live document.

FRONT DESK/CUSTOMER SERVICE

- Front desk will be CLOSED for the first phase of re-opening. However, we will have a staff member on site at all times monitoring the facility, adherence to physical distancing, traffic flow and cleaning. They will also record any questions and/or concerns from a client/member and pass it along to the appropriate person for follow up.
- Workers will maintain physical distance. In the event physical distance cannot be met, all staff will be required to wear a mask.
- You will find markers on the floor – at 2-meter intervals - where members can stand at the front desk.



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- There will be adequate hand sanitizer stations for members and staff to use upon entering the facility, while training and upon leaving the facility.
- You will find lined waste bin for clients/members to dispose of used sanitizing wipes and other safety equipment such as masks and gloves, when entering and exiting the facility.
- Delivery drivers and couriers are also subject to the same restrictions prohibiting individuals who are sick, symptomatic, or in self-isolation from entering the workplace.

MANAGING THE PEOPLE AND FACILITY

- We have established and posted occupancy limits that ensure the physical distancing requirement can be maintained.
- Access to the facility will be restricted to full time members only at this time. We will **NOT** be accepting any new memberships when we reopen the facility for the time being. This will help control the flow of traffic and give us an understanding of the operations during the re-opening under COVID-19 restrictions.
- New memberships will **ONLY** be accepted in blocks when we feel it is safe to do so. There will be a restriction on how many new memberships will be accepted in each block. Again, this is to help maximize everyone's safety in our facility and prevent becoming a revolving door for in and out traffic.
- As the safety of our members is of utmost importance to us, we have decided that day passes will **NOT** be sold until COVID-19 restrictions are fully lifted. This will help restrict who can enter the facility during this time. Random drop-ins from local and non-local patrons will not be allowed.
- Booking system with set duration workout periods for classes is required. At this time, no booking is required for main floor usage.
- Signs are posted informing customers not to enter the facility if they are exhibiting symptoms.
- People exhibiting symptoms of COVID-19 are asked to stay home. You must cancel a booking if you develop any symptom(s) after making an appointment. No penalties will be attached to a cancellation for anyone who exhibits any symptom(s) of COVID-19.
- We have in place guidance for flow of traffic throughout the facility. This includes designated doorways for entrance and exit. You will find signage helping direct you through the facility.
- Doors will be propped open so people can enter/leave without touching handles whenever possible.
- Every entry and exit point of the facility will have alcohol based sanitizer available and all clients/members **MUST** sanitize their hands coming into the facility and before leaving the facility.

HYGIENE PRACTICES

We will promote and require proper and frequent hand hygiene from everyone. Signage will be posted in the entrance area - located by the hand sanitization station - where daily temperature checks will be performed. We require everyone to sanitize their hands when entering and highly recommend sanitizing again when leaving the building.

All members must come dressed ready to work out. Please remember to bring your water bottle!



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Everyone will need to bring a clean pair of shoes (non-outdoor shoes) to be worn within the facility. Outdoor shoes must be left at the front entrance. Outdoor shoes will NOT be permitted on the main floor.

Tissue is provided within the facility to all participants to use. Hands must be sanitized after tissue usage.

All individuals, including members, parents/guardians, staff, and visitors must be screened including daily temperature checks from our physical fitness coach. We have purchased a hand-held temperature unit. We will take each person's temperature (**must be UNDER 37.2 degrees**) on arrival at program setting prior to entry. Entry will be denied to any individual who has any of the symptoms outlined in the COVID-19 Reference Document for Symptoms on the Ministry of Health's COVID-19 website or who has come in close contact with a person with symptoms of or confirmed COVID-19 in the past 14 days. We ask everyone to be conscious of, and respect, the 6-foot distancing while entry/screening takes place.

It is mandatory for physical fitness coaches to wear either a KN-95 mask or a surgical mask AT ALL TIMES when coaching.

Hand sanitizer units have been mounted throughout the facility and filled with hand sanitizer containing at least 60% alcohol content.

SOCIAL DISTANCING/PPE

The area to be used had been completely redesigned to ensure the proper 6-meter distancing between all participants.

We will have one door set as an ENTRY point and a second door set as an EXIT point within our facility. We ask that everyone respect these entry/exit points.

If and when running a program for youth, pick-up and drop-off of participants will happen outside the program setting unless it is determined that there is a need for the parent/guardian to enter the setting if client/participant is a minor. If unsure, please check with desk.

POSSIBLE SYMPTOMS

If a participant begins to experience any symptoms of COVID-19 while attending a program, we will immediately separate them from the others in the group and maintain social distancing when possible.

Proper cleaning of full facility would happen once the participant has been picked up.

Any staff or participants must follow the COVID-19 procedures for testing and self-isolation if they are showing signs or have been in contact with someone experiencing symptoms.

If you are experiencing any symptoms (even mild symptoms), please do not attend the facility until you have been tested and are feeling better.



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EQUIPMENT LAYOUT

- The facility has been through renovations to guarantee layout of equipment and fitness areas to ensure adequate spacing is available to clients/members.
- There are designated areas for the use of the equipment and for moving around the area to ensure physical distances are maintained.
- Some equipment cannot be moved and will result in “out of order due to COVID-19” signage unless barriers are placed between areas. We ask that the signs be respected and not removed.

CHANGEROOMS, WASHROOMS AND SHOWERS

- Changerooms will be closed to the members for the time being. In the event that the changerroom needs to be accessed for whatever reason, there will be a max occupancy to guarantee the safety and well-being of our members/clients.
- These areas will be cleaned and disinfected several times a day and cross referenced with a sign off sheet for staff.
- We have removed unnecessary items to facilitate the cleaning of these areas.
- We have removed complimentary shared personal items such as hairspray, hairdryers, deodorant sprays, lotions, etc.
- Lockers will be off limits during COVID-19 as change rooms will be closed. This will help prevent people standing close together and minimizing chances of contamination and infection. If you need to access something in your locker, please check with desk.

GROUP CLASSES

- Booking for classes will be required. You must email dfdesk@oulook.com to set up an account if you haven't already done so. Instructions will then follow – please remember to check your JUNK folder.
- Group classes are only offered if physical distancing measures can be maintained.
- There will be a marked designated exercise area for each member during a workout. You will be required to STAY within that workout area while in class and asked to not leave your station unless permitted to do so from your coach/staff.
- Group exercise studios will be equipped with their own equipment to help reduce the spread and traffic coming in and out.
- Studios are set to respect the 2-meter physical distancing requirement and ensure that it remains maintained during the activity.
- High-intensity classes may result in greater dispersion of droplets from each participant due to higher intensity breathing in addition to participant movement. Note that there will be 15-minute gaps between classes. This will allow a coach/staff time to clean and clear the area properly and set up for the next class.
- Due to COVID-19, high-powered fans will be out of order at the time. This will help reduce the spread of droplets.



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PERSONAL TRAINING

- Clients and trainers are to arrive close to their appointment time. We ensure that the waiting area is properly laid out to meet the 2-meter physical distancing rule.
- Coaches will do their best to maintain physical distancing, however coaches will be wearing a mask in the event physical distancing is impossible.
- As much as possible, coaching sessions will be conducted in a manner that avoids touching clients. Coaches will be wearing a mask in the event that physical distancing is impossible. Coaches will be using verbal cues while coaching or using technology to share instructional material to help.
- For activities involving direct contact, we ensure that hand hygiene is practiced using an alcohol-based hand rub or handwashing before and after contact.

EQUIPMENT - CLEANING PROCEDURES

- The training facility has a cleaning and disinfecting plan in place to provide adequate cleaning during operations.
- We will be cleaning and disinfection the recommended twice a day and more.
- We have invested in a fogging disinfecting machine to help kill more germs and bacteria in hard to reach places and to also help clean harder to reach places on equipment. The disinfecting spray contains a DIN number approved by our health unit.
- This unit in an Environize Fogger and Anolyte solution, which uses hypochlorous acid (acknowledged by Health Canada and EPA). It is an all-natural, antibacterial/antimicrobial solution that effectively controls a broad spectrum of harmful pathogens. Environize Anolyte is an antimicrobial solution formed from naturally occurring elements. Environize Anolyte attacks an array of microbial organisms including bacteria, viruses, and microbial spores. This process is chemically selective with no side effects for higher forms of life (aka humans, plants etc).
- We will be using this process along with the Deterrent 128 for cleaning and disinfecting of frequently touched surfaces at least twice a day.
- We are ensuring all equipment used in group sessions is made of material that can be cleaned and disinfected. We are minimizing the sharing and frequency of touching of objects by ensuring each individual has their own set of cleanable gear. If gear needs to be shared, it is mandatory that all participants disinfect all equipment BEFORE usage as well as AFTER usage. We have purchase individual spray bottles for each participant to carry and use during their session. Each bottle is filled with the disinfectant Deterrent 128 (diluted per manufacturer's suggestion).
- Members will be required to wipe down equipment before and after every use. The facility is providing adequate supplies and garbage bins for disposing of used materials.
- Coaches/Staff will work at cleaning equipment throughout their shifts.
- Coaches/Staff will wipe down equipment after each use before being put back into circulation.
- There is scheduled time between classes to allow for required cleaning and disinfecting.
- We encourage members to bring their own gear for personal use whenever practical to reduce sharing of equipment. This may include items such as yoga mats and blocks, gloves, weight belts, wrist or ankle guards, ropes, foam rollers, etc.



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Tanning

Tanning will **NOT** be available during COVID-19. We will update our tanning policy once we are ready to offer tanning services again.

It is of utmost importance that you read and understand this document. Any amendments/additions made to our policy and procedures will be announced on our social media, website and signage board located at the entry to the facility. This is a live document, and things can, and probably will, change. We will do our best to keep our members updated with any changes that come forward.

We thank you for your time, patience and understanding through these weird times. We know by working together with you and respecting all rules and regulations while our Company works hand in hand with our local Health Officials, we feel confident that we can provide a safe and enjoyable space for our Members ONLY Training Facility.