

## **Low Intensity Group Exercise COVID-19 Safety Plan: Queensborough Community Centre**

- As of December 14, 2020 Public Health Guidelines for Group Low Intensity Exercise state that indoor group low intensity exercise may resume with an updated COVID-19 Safety Plan in accordance with the measures provided below.
- This plan must be posted in a place easily visible to participants.
- Indoor group high intensity exercise is not permitted at this time.
- Low intensity exercise is any exercise that does not result in significantly increased respiration rates.
- High intensity exercise is any exercise that results in significantly increased respiration rates.

### **Levels of Control:**

#### **Public Health Measures**

##### **a) Case Finding and Contact Tracing**

- Contact information of staff and participant attendance should be kept for up to 30 days.

#### **Environmental Measures**

##### **a) Ventilation**

- Gym doors will be left open or partially open at all times (if possible).
- All use of floor fans will be discontinued. Only overhead ceiling fans will be used in the Gym.

##### **b) Floor Markings and Reduced Group Congregating**

- Participants should arrive no more than 5 minutes in advance and avoid congregating in common spaces.
- There are separate doors for entry and exit. Participants should follow directions accordingly.
- Changerooms and showers are closed and patrons should arrive in exercise attire.
- Washrooms will remain open.
- Patrons should follow floor markings and/or adhere to physical barriers when moving through the facility.
- Follow all posted signage and direction from staff.

##### **c) Cleaning and Disinfection**

- All shared equipment will be cleaned and disinfected by staff between each use.
- It is also recommended that patrons clean their equipment before and after each class using cleaning materials provided.

- Other high touch surfaces (e.g. door handles, sinks, faucets, etc.) will be cleaned and disinfected twice a day.

## Administrative Measures

### a) Occupancy

- Each participant will have a designated, unencumbered useable floor space of 7.5m<sup>2</sup> – 10m<sup>2</sup> to workout in, depending on the activity space (see table below).
- Maximum occupancy will be posted outside each activity space.

### b) Physical Distancing and Minimizing Physical Contact

- Physical distancing of 2.75m – 3m between each patron in all directions at all times must be maintained while exercising.
- Floor markings will identify each participant’s exercise space.
- If movement occurs in a class, each patron should have enough space to ensure they are never within 2.5m of each other.
- Instructors will remain in a designated “instructor area” throughout the class where they can maintain a minimum of 2.75m physical distance from participants.
- Instructors will only give verbal rather than hands-on corrections.
- Physical distancing of 2m must be maintained when not exercising and at all other times in the facility.

Activity Space	Workout Area per Patron	Minimum Distance Between Patrons While Exercising	Maximum Class Size
Gymnasium	10m <sup>2</sup>	3m	20 Patrons
Port Royal Room	7.5m <sup>2</sup>	2.75m	10 Patrons

### c) Booking and Registration

- All patrons must be scheduled in advance, no drop-ins allowed.
- When reserving a class patrons will be informed that they should not come if they are feeling sick, and must cancel if they are feeling unwell.
- Patrons can cancel with no penalty if they are exhibiting COVID-19 symptoms.
- Classes will be scheduled 30-45 minutes apart so there is at least 10 minutes where no patrons are in the space.
- Patrons should not arrive earlier than their scheduled arrival time.
- Patrons will have read and agreed to follow safety protocols.
- Late arrivals will not be admitted – no exceptions.

**d) Audio**

- Instructors will use microphones so that they are not required to raise their voices beyond a normal speaking volume.
- Music will be kept below speaking volume in order to reduce singing or shouting.

**e) Food and Beverages**

- Patrons should bring their own pre-filled water bottle. A water bottle filling station is available but the water fountain for drinking is shut off.

**f) Staying Home When Sick and When New Symptoms Develop**

- Policy in place to ensure employees complete daily entry requirements.
- Policy in place to ensure employees stay home when they have symptoms of COVID-19.
- Policy in place for employees or patrons showing symptoms of COVID-19 when inside the facility.

**Personal Measures**

**a) COVID-19 Health Check**

- Employees must complete daily entry requirements before entering the facility.
- Patrons must complete daily entry requirements before entering the facility (e.g. Entry Check for Visitors).

**b) Exercise Attire/Personal Equipment**

- Patrons are expected to arrive in exercise attire as changerooms will be closed.
- Patrons should bring their own exercise mat or towel, if needed.

**c) Hand Hygiene**

- All patrons should wash/sanitize hands before and after each class.

**Personal Protective Equipment (PPE)**

**a) Masks**

- Masks must be worn at all times when not exercising.
- Masks are encouraged to be worn during exercise, but not required.
- Instructors must wear masks at all times unless they are exercising or are in the designated “instructor area”.
- People that are exempt from wearing a mask must maintain at least 2m distance at all times when in the facility.

## Activity Space Occupancy

<b>Activity Space</b>	<b>Occupancy</b>	<b>Microphone Available</b>
Queensborough Community Centre – Gymnasium	21	No
Queensborough Community Centre – Port Royal Room	11	Yes