



## Sturgeon Valley Athletic Club Reopening Summary

June 12, 2020

# Guidelines for Physical Activity & Recreation – Stage 2 – June 12, 2020

The information provided in this policy is a compilation of recommendations set by the Alberta provincial governments in order for physical activity to resume business following the COVID-19 pandemic.

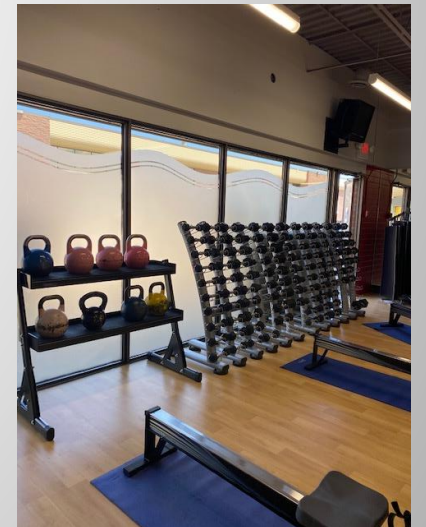
The intent is to minimize risk of exposure and spread between employees and members to protect the health of all those around us. The information provided is for members to familiarize themselves with, abide by, to refer to and to understand.

SVAC recognizes that government regulations may continue to change.



# Facility Considerations

- It is recommended that team members and members do not use scents (perfume) to help prevent sneezing and coughing.
- All unnecessary communal items such as candy, magazine and complimentary cell phone chargers have been removed.
- No reusable cups/mugs may be used at this time.
- Coffee service will still be provided to you with no self serve allowed.
- Touchless entry into SVAC has been installed and key fob access to scan in, along with hand sanitizer provided upon entry/exit and all commonly touched surfaces.
- All equipment has been spaced out to allow for physical distancing.
- Limited class capacity to allow of physical distancing.
- Limited number of people using the locker rooms at once (8 women, 6 men).
- Discontinued towel service.
- Taped off for no usage of showers and saunas.
- Signage all over SVAC with reminders to physical distance and wipe equipment before and after each use.



# COVID – 19 Facts & Transmission

COVID-19 can cause serious respiratory illness. Because it is a new virus with no treatment or immunity in people, it is critical for people with any symptoms to stay home and self-isolate to keep it from spreading.

Most people – about 80% – recover without needing special treatment. However, it can cause serious illness in some, and there is a risk of death in severe cases.

While we are still learning about COVID-19, serious illness appears to develop more often in people who are older or have pre-existing conditions, such as high blood pressure, heart disease, lung disease, cancer or diabetes.

COVID-19 is transmitted through tiny droplets of liquid produced by people who have the virus.

These droplets spread by:

- coughing, sneezing, talking, laughing, and singing
- touching objects or surfaces the virus has landed on and then touching your eyes, nose or mouth (bath towels, kitchen utensils, door knobs, etc.)

People who have COVID-19 can spread it to others before they start to feel sick.

COVID-19 is not airborne, which means it doesn't stay in the air long and won't go very far. But if you are too close to someone with COVID-19 you can get sick by breathing in air that contains droplets with the virus.

We think the virus generally only survives for a few hours on a surface or object, but it may be possible for it to survive several days under some conditions.

# COVID – 19 Facts & Transmission

COVID-19 symptoms can be mild and are similar to influenza and other respiratory illnesses.

- **Common symptoms:** cough, fever (over 38°C), shortness of breath, runny nose or sore throat.
- **Other symptoms can include:** stuffy nose, painful swallowing, headache, chills, muscle or joint aches, feeling unwell in general, new fatigue or severe exhaustion, gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite), loss of sense of smell or taste, conjunctivitis (pink eye).
- **Symptom of serious illness:** difficulty breathing or pneumonia.

Testing is now available to all Albertans, whether they have COVID-19 symptoms or not.

The following groups will continue to be prioritized for testing:

- any person exhibiting [any symptom of COVID-19](#)
- all close contacts of confirmed COVID-19 cases
- all workers and/or residents at specific outbreak sites
- all workers and residents at long-term care and level 4 supportive living facilities (testing will be rolled out starting the week of May 25 and may not be offered at some locations right away)
- all patients admitted to continuing care or transferred between continuing care and hospital settings

# Hygiene

Proper hygiene can help reduce the risk of infection spreading to others.

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

- Use alcohol-based hand sanitizer (minimum 60% alcohol) if soap and water are unavailable.

When coughing or sneezing:

- Cough or sneeze into a tissue or the bend of your arm, not your hand.
- Immediately dispose of any tissues you have used in a lined garbage and wash your hands afterwards.

Avoid touching your eyes, nose, or mouth with unwashed hand.

# Points of Entry & Controlling Access

- Physical barriers are recommended to separate staff and patrons.
- Hand sanitizer (60% alcohol or higher) has been provided at entry and exit points, and we encourage patrons to also bring their own.
- Limit physical contact by using online payment and registration or hands-free check in with key fob.
- Encourage patrons to limit their time spent in the facility (complete work out then exit the facility with limited to no visiting time) and to maintain physical distancing when returning to vehicles or homes.

# Facility Screening

SVAC requires all members to complete the COVID19 self-screening tool and binding agreement prior to starting an active membership with SVAC.

There is a large poster checklist located at the front to remind members and staff to self check each time before entering the facility. The Screening Checklist follows Alberta Government guidelines. Any participant that is exhibiting any symptoms cannot enter the facility or participate in any classes.

As well SVAC will not be taking any drop-ins at this time.



# Rapid Response Plan to Symptomatic Individuals

- SVAC has put in place a rapid response plan to manage symptomatic members and staff.
- SVAC's rapid response plan sets out a fast-action plan for staff when an attendee shows symptoms of COVID-19. This includes immediately asking that person to isolate/leave the facility politely as they are showing COVID – 19 symptoms and closing off the areas they touched/used until a thorough clean and disinfection can be processed.
- SVAC staff will help to arrange transportation home that is not public transit.

# Rapid Response Plan to Symptomatic Individuals

- When a member has called in sick for a class or gym session SVAC will have a Manager contact the individual to go over next steps.
- The SVAC Manager will ask the member the basic COVID-19 screening questions and from there determine next steps. (If the member has a migraine or twisted their ankle, etc. next steps do not apply)
- If the COVID-19 screening questions indicate COVID-19, SVAC retains the right to let the member know they must go for testing immediately and have a negative test result to re-enter the facility. The member must call in to let SVAC know the test result once they find out.
- If a members tests positive, SVAC will let all employees, contractors and members know that were at the facility at the same time the sick member attended. All those showing symptoms must go for testing as well.

# Sanitation, Cleaning & Disinfecting

- We have aligned our housekeeping department tasks of cleaning and sanitation to fall in line with the required protocols.
- In addition to routine facility cleaning protocols, we have increased the frequency of sanitation of commonly touched surfaces and shared equipment (such as water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment handles and consoles).
- A written cleaning and disinfecting schedule will be used daily to document date, time and staff member who completed the task.
- Increased frequency of cleaning of gymnasium floors to reduce the risk of transmission from shared objects (e.g., balls) and those who use wheelchairs.
- SVAC's housekeeping department will provide hand sanitizer throughout the facility and ensure that hand washing sinks are fully stocked with soap and paper towels.
- SVAC's housekeeping department will follow the cleaning and disinfecting guidance in the General Relaunch Guidance.
- Housekeeping will also ensure that used cleaning supplies are properly disposed of in a lined waste bin that is emptied daily.

# Locker Rooms

- SVAC discourages the use of locker rooms and change rooms whenever possible. We encourage participants to come dressed for their activity.
- SVAC has set capacity limits on how many people can use locker rooms at the same time (8 women and 6 men).
- SVAC ensures that surfaces, sinks and toilets are cleaned and disinfected regularly.
- Removal of self-serve and common-use items such as hair dryers, cotton swabs and disposable razors etc. for your safety.

# Physical Distancing

- Members are expected to maintain a distance of two-meters in lobbies, locker rooms, multi-purpose rooms and free weight areas.
- For high intensity physical activity (e.g., rows of treadmills and elliptical machines), physical distancing of equipment has been put in place.
- Wherever possible SVAC will, promote physical distancing by:
  - promoting one-way traffic flow to avoid individuals from inadvertently interacting (separate entrance and exit);
  - placing stickers or signage on the wall/floor at two-meter distances;
  - spacing seats, or assigning seating, at two-meter distances;
  - limiting classes and group fitness to smaller class sizes;
  - lounge area chairs and tables are spaced out to promote distancing.

# Personal Protective Equipment



## Masks

Masks alone will not prevent the spread. You must strictly adhere to good hygiene and public health measures.

If you cannot be 2 meters apart, you must wear a mask.



## Gloves

Glove use is not a substitute for adequate and frequent hand hygiene and must be changed frequently.



## Uniforms

It is highly recommended to have clothing and shoes intended only for work.

# Masks

Masks alone will not prevent the spread of COVID-19. You must consistently and strictly adhere to good hygiene (i.e. frequent hand washing), public health measures, and social distancing. Masks must be worn if you cannot keep 2 meters of distance.

How to put on a non-medical mask:

1. Ensure the mask is clean and dry.
2. Perform hand hygiene.
3. Ensure your hair is away from your face.
4. Place the face covering over your nose and mouth and secure to your head or ears with its ties or elastics.
  - Adjust if needed to ensure the nose and mouth are fully covered.
  - The mask should fit snugly to the cheeks and there should not be any gaps.
5. Repeat Step 2.

# Masks

While wearing a mask:

- Avoid touching your face. If you do touch your mask or face, you should immediately perform hand hygiene.
- Do not allow it to hang from your neck or place it on your head
- Change a mask as soon as it gets damp or soiled

How to remove a non-medical mask:

- 1. Perform hand hygiene.
- 2. Remove the face covering by un-tying it or removing the loops from your ears.
  - Avoid touching the front of the mask when removing it.
- 3. Dispose of the mask.
  - Cloth: Put it directly into the washing machine or a bag that can be emptied into the washing machine and then dispose of the bag. It can be laundered with other items using a hot cycle, and then dried thoroughly.
  - Disposable: Place it into a garbage bin or plastic bag. Do not reuse the mask.
- 4. Repeat Step 1.



# Communications

- Communicate to all participants (coaches/staff, instructors, officials, participants, and their guardians, volunteers) about the risk of COVID-19 and practices that must be undertaken to mitigate risk has been done.
- Communication platforms include online registration forms and entry signage.
- Appropriate signs have been placed throughout the facility explaining:
  - Physical distancing expectations
  - Hand hygiene and respiratory etiquette
  - Cleaning and disinfection practices

# Equipment

- Fitness equipment (e.g., weight machines) have been spaced out appropriately to promote physical distancing.
- SVAC has introduced processes to ensure enhanced cleaning and disinfection of shared fitness equipment between each use by having readily available supplies and cleaning reminders and instructions located in accessible places. Facility staff will ensure that cleaning occurs between uses.

# Food & Beverages

SVAC will ensure vending machines are cleaned frequently, in particular touch keypads.

Self serve beverage stations will be removed for the time being but SVAC would be happy to get your beverage for you. Reusable cups/mug will not be allowed at this time.

This information is in accordance with the guidance set out by the Government of Alberta for food and beverage service from the Restaurant/Café/Pubs and Bars handbook.

# Participants, Coaches, Instructors, Staff, Volunteers, Officials, Aides

- Instructors and Trainers will proactively and regularly monitor for symptoms.
- Symptomatic individuals are prohibited from participating.
- Hand hygiene must occur before and after each activity.
- To the extent possible, participants should refrain from touching their eyes, nose, mouth and face during activity.
- Participants should refrain from spitting and clearing their nasal passages during activities.
- Limit group celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that bring participants within two-meters or promote contact.
- Water bottles should be labelled with the name of the owner. Do not share water bottles.
- To the extent possible, arrive dressed and ready to participate. There will be limited access to locker rooms to prevent gathering.
- After activities, individuals should minimize time spent in dressing/locker/change rooms and maintain physical distance lobbies and common spaces.

# High Intensity Fitness Classes

- Both instructors and members should proceed with this type of exercise with caution and should take appropriate measures to reduce risk of exposure and transmission.
- For high-intensity class (e.g., Zumba®, Spin®/cycle class, hot yoga, boot camp), SVAC had reduced the overall number of participants in classes to ensure that a minimum distance of three-meters is maintained in all directions of each participant.
- SVAC has spaced out class times to allow for a thoroughly clean and disinfect equipment between each class.
- Instructors will wear dedicated microphones to reduce the need for shouting.
- Participants should not sing along to the music or shout back at the instructor.
- SVAC will mitigate the potential for classmates to gather before and after a class within the facility.

# Low Intensity Fitness Classes

- Participants will be encouraged to bring their own equipment (e.g. mats, blocks).
- If equipment is shared, it must be cleaned and sanitized between users.
- The floor will be cleaned thoroughly between each class.
- Participants should be arranged to maintain two meters distance between each other at all times.

# Weight Rooms

- Weight machines have been spaced at least two meters apart.
- SVAC has designated areas for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure distancing is maintained.

# Personal Training/Coaching/Nutritional Consultations

- These services should continue to be offered virtually, or outdoors, if possible.
- In-person sessions should allow for physical distancing or barriers between the client and trainer. The Trainer should be wearing a mask at all times.



# Outdoor Fitness Classes

- Fitness activities will be led by a responsible person [instructor(s)] who will assume the responsibility to support the adherence to these guidelines.
- Anyone exhibiting COVID-19 symptoms (such as cough, fever, runny nose, sore throat, or shortness of breath) must isolate at home and cannot participate in outdoor fitness activities.
- Prior to the start of any fitness activity, instructor(s) should remind participants that they must not participate if they have any symptoms of COVID-19.
- To the extent possible, access to the area immediately surrounding the location where the activity is taking place should be marked off to exclude the public and include only the participants.
- Fitness activities and classes are permitted to take place in parks, trails and open spaces, subject to any additional usage requirements (e.g. municipal field bookings).
- Staff and participants should maintain a physical distance of at least two meters at all times. This does not apply to individuals who are from the same household.
- Distancing should be reinforced by the instructor(s) throughout the activity.

# Outdoor Fitness Classes

- Participants should be discouraged from clustering in groups before or after sessions.
- Instructor(s) will promote and facilitate frequent and proper hand hygiene.
- SVAC will provide hand sanitizer containing at least 60% alcohol to be made available for participants, or require participants to bring their own.
- Handwashing pre and post activity must occur.
- Instructor(s) will also promote good respiratory etiquette (coughing or sneezing into a bent elbow).
- Remind participants to practice good hygiene, for example, refraining from spitting.
- Cheering, singing and hand shaking and high-fives are high risk activities and should not occur.
- All reusable equipment must be cleaned and disinfected after each use.
- Fitness equipment should not be shared during the activity, unless participants are from the same household.