



City of Temiskaming Shores  
Waterfront Pool and Fitness Centre  
Fitness Centre – Re-Opening Plan  
Version 2.5  
December 3, 2020



## 1.0 Containment and Contacting

**1.1 Control access:** The Fitness Centre will need to have at least two staff members present when open. One staff member will be working the front desk and the other will be screening and educating members at the front entrance. Additionally, staff are needed to ensure that disinfection of equipment is being performed during scheduled cleaning times.

**1.2 Limit occupancy:** The number of patrons allowed into the facility at any one time should be limited to 40

- Front Lobby – 6 people
- Iron Room – 6 people
- Crossfit Room – 6 people
- Upstairs Gym – 12 people
- Lakeview Room – 8 people
- Squash Court – 2 people

This will ensure there's sufficient space to allow patrons to remain two meters from one another and prevent large gatherings.

**1.3 Post signs:** Signs have been posted at any entrance to notify patrons that they should not enter if they have symptoms of COVID-19. Signs have been posted throughout the facility to make patrons aware of the physical distancing requirements, enhanced sanitation procedures (including reminders for members to wipe equipment before and after each use), and any other instructions and limitations, as applicable.

**1.4 Screen arriving patrons:** Members and non-members will be required to self-screen assess themselves by asking themselves the following questions when they arrive:

- Do I have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite?
- Am I, or anyone I live with, either sick, self-isolating, or quarantined?

Any patron who answers yes to either of the questions above should not be permitted to enter.

**1.5 Manage customer entry points:** Markers such as tape or cones will be placed every two meters at entrance to provide patrons with visible queues that encourage physical distancing.

**1.6 Increase space between cardio machines:** Cardio machines have been spaced apart to achieve adequate distancing between users. If it is not possible to space cardio machines far enough apart, barriers have been installed.

**1.7 Encourage physical distancing and discourage congregating:** Patrons will be required to conduct their workout and exit the facility without unnecessary delay.

**1.8 Close the following facilities and equipment within a gym or fitness center:** Saunas, changerooms and all group classes are closed.

**1.9 Locker room use:** Members and non-members will be required to arrive at the Fitness Centre in workout clothes to avoid using locker rooms on site.

**1.10 Close customer water fountains:** Customers will be advised to bring their own filled water bottles or use touchless filling stations provided by the facility.

## 2.0 Cleaning and Sanitizing

The Waterfront Pool Fitness Centre has undergone an intensive, deep clean, prior to reopening.

There will be 30 minutes of dedicated cleaning time scheduled three times per weekday and twice per day on weekends. This time will be used to clean and disinfect the Fitness Centre and prepare for the next group to workout.

- Cleaning times Monday to Friday will be scheduled for: 11:00am – 11:30am, 2:00pm – 2:30pm, 6:15pm – 6:45pm. The Centre will be closed during this disinfecting time. Once completed, members and non-members will be allowed back in.
- Cleaning times Saturday will be scheduled for: 11:00am – 11:30am, 2:00pm – 2:30pm. The Centre will be closed during this disinfecting time. Once completed, members and non-members will be allowed back in.
- Cleaning times Sunday will be scheduled for: 2:00pm – 2:30pm. The Centre will be closed during this disinfecting time. Once completed, members and non-members will be allowed back in.

Our employees will adopt a “constantly cleaning” mind set, ensuring special attention is always given to high touch surfaces.

Members and Non-members will be required to wipe down their equipment BEFORE and AFTER each use. To make this convenient, additional spray bottles and disinfectant stations will be strategically placed throughout the Fitness Centre.

Staff who are undertaking deep cleans will be provided with PPE such as gloves, masks, apron and goggles. Cleaning logs will be provided to staff.

**2.1 Use appropriate disinfectants:** The Fitness Centre has verified that all disinfectant(s) to be used are effective against SARS-CoV-2. The Waterfront Pool Fitness Centre will be using Avmor Ecopure EP-50 (DIN: 02340321) and HypOClN (DIN: 02410605, 02362546) to disinfect surfaces within the facility. The Waterfront Pool Fitness Centre will also use a 500 parts per million chlorine disinfectant solution of bleach and water. To make a solution of this concentration: mix 1-part bleach to 99 parts water (e.g. mix 10 ml bleach (5.25%) with 990 ml water)

Verification has taken place as follows:

- Confirm the disinfecting qualities by checking Health Canada’s website to identify if a disinfectant has been reviewed and confirmed to be effective against SARS-CoV-2
- Contact the disinfectant supplier or manufacturer to identify if the disinfectant has been confirmed to be effective (if necessary)

## 3.0 What to expect when arriving at the Fitness Centre

- Arrive and exit the Fitness Centre wearing your mask. You may remove your mask once you begin your workout.
- Health screening must be completed at the front entrance by the patron.
- Please remove your outdoor shoes and store them in the shoe cubbies or store them with your belongings.
- Check in with the front desk with your membership card or payment, debit and credit are preferred. Anyone not scanning a membership card must provide their contact information including time of arrival.
- Follow the directional arrows throughout the Centre. Equipment is located in the all of the weight rooms along with the lakeview room to be able to maintain 2 m physical distance throughout your workout.
- Please wipe equipment down before and after use. Cleaning solutions will be located in each room.
- Follow the arrows to exit the building at the end of your workout.

## 4.0 Fitness Centre Hours of Operation

Monday to Friday: 6:00 am to 8:30 pm

Saturday: 8:00 am to 6:00 pm

Sunday: 10:00 am to 4:30 pm

## 5.0 Amenities and Equipment

When the Waterfront Pool Fitness Centre reopens, strict capacity requirements will be set to ensure that the Fitness Centre is meeting or exceeding the recommendations set by public health authorities. We will also temporarily close services and amenities where physical distancing is not possible or where other risk factors may be present.

**5.1 Permitted Areas for Use:** The following areas of the Pool and Fitness Centre will be available for use once reopened:

- Main Level Fitness Room
- Lakeview Room
- Iron Room
- Crossfit Room
- Squash Court. No squash play at this time. You may stretch, run, skip. No weights allowed.
- Public Washrooms

**5.2 Water Fountains:** Members are encouraged to bring a pre-filled water bottle for their workout. Water fountains will be equipped with bottle fillers but Members are not permitted to drink directly from the water fountains.

**5.3 General Workout Areas:** The Waterfront Pool Fitness Centre has implemented a number of measures including, directional arrows, signage, and placement to ensure physical distancing can be achieved. Where possible, equipment may be disabled and/or relocated to facilitate this. Members are still expected to use best judgement when determining if a piece of equipment or workout area can be used safely while maintaining the recommended 2 Meters (6ft) of physical distancing.

**5.4 Foam Rollers, Bands, Mats:** Foam rollers, bands and mats are not available to Members at this time. Members are encouraged to bring their own small equipment, to use if needed.

**5.5 Closed Amenities:** To reduce the number of potential touchpoints the following services and amenities will remain temporarily CLOSED until further notice:

- Showers
- Saunas
- Fitness Classes
- Towel Service
- Changerooms

**5.6 Fans:** All fans, including floor fans, mounted fans and ceiling fans will remain OFF at this time to prevent any unnecessary movement of air.

**5.7 Changerooms and Washrooms:** At this time our changerooms will be CLOSED, but our public washrooms will remain open to our Members and Staff, however, proper physical distancing must be maintained at all times.

5.8 **Lockers:** Not available at this time

5.9 **Reception Desk:** Only one Staff will be behind the reception desk at a time and is only able to assist one customer at a time. To ensure staff safety we have installed protective barriers around the reception desk.

5.10 **Personal Training:** Personal Training will be available in the Fitness Centre.

In order to reduce the potential for contact and/or movement around the Fitness Centre, please ensure the below guidelines are followed at all times:

- All personal trainers will be required to wear a mask when training with clients.
- To ensure proper physical distancing measures, no physical contact will be permitted in personal training sessions. Contact must not occur unless needed to ensure safety and prevent injury.
- Handshakes and physical greetings are not permitted.
- Clients must be prepared to handle their own weights and equipment. Workouts must be modified so as not to require spotting. Alternatives such as bands must be used in place of assisted stretching.
- Personal training can only take place on the general workout floor areas such as Lakeview Room, Iron Room, Crossfit Room, Upper gym area.
- All equipment used must be cleaned before and after use.
- All personal training consultations will take place outside the Fitness Centre.

5.11 **Fitness Classes:** At this time Fitness classes are not available.

## 6.0 Squash Play

- Only one player may solo practice on a singles or doubles squash court. Squash Ontario will provide an update when two members of different households are permitted to play together on one court under Ontario legislation.
- Players must wear a mask when entering and exiting the club or facility. There must be hand sanitizer, hand tissues and garbage bins with disposable liners available outside of, but in close proximity to, the courts. Players must wash or sanitize their hands immediately before entering the court, and immediately after leaving the court. Players should also wash or sanitize their hands before leaving the club/facility.
- Courts must be booked in advance with sufficient time in between court times for sanitation purposes, and to ensure that players have adequate time to enter and leave the facility. Players must enter the squash court area a maximum of 5 minutes before their court time and exit immediately after finishing practice.
- Players must bring their own equipment including racquet, ball, safety glasses, towel and water bottle. Players can keep their belongings inside the court underneath the tin. Directing players to keep their belongings on the court will reduce the need for players to exit the court during practice to drink water, towel off, etc.
- No spectators or guests are permitted at the facility; however, there can be one accompanying parent, guardian or other adult for a player under the age of 18. Any accompanying adult must remain outside of the court, wear a mask and maintain a two-meter distance from any other person in the facility. A coach can be present in the court area; however, the coach must not enter the court while there is player on the court, must wear a mask at all times and must maintain a distance of at least two meters from any other person in the facility.
- When on court, players should avoid touching any of the walls, floors, other surfaces and their face.
- When exiting the court for any reason, players must maintain a two-meter distance from other individuals in the facility.
- Between court times, court doors and door handles must be sanitized.