

## Core Ten's Covid-19 Safety Plan

### **Gym capacity = 4 people**

Until further notice, we are limiting gym occupancy to no more than 4 people at once (including trainers)

### **If you feel unwell at all, for any reason, please do NOT come to the gym**



You will not be charged for a last-minute cancellation related to sickness (or suspicion thereof). Please do, however, give us as much notice as possible.

### **If you are required to be self-isolating, please do NOT come to the gym**



If you have been:

- in contact with someone who has tested positive for (or is suspected to have) Covid-19
- in an environment where there has been a known outbreak or
- travelling out of the country

please do NOT come to the gym until at least 2 weeks after your exposure or return home.

### **Please wash your hands for a minimum of 20 seconds upon arrival at the gym, when necessary during your workout and again before leaving**



There is soap, paper towel and a no-touch waste basket available in the washroom. Hand sanitizer is also provided at the front of the gym and in various locations throughout the gym. We are also washing our hands on a very regular basis...before, during as well as between every session. If you cough or sneeze, please cover up (using your elbow) and then immediately wash your hands again. Of course, we will do the same.

### **Please enter the gym at your exact scheduled appointment time**



If you arrive early, we kindly ask that you please wait outside until your exact appointment time.

### **Sessions will be 55 minutes in length**

This is to allow time for us to thoroughly sanitize all touched surfaces before the start of the next session. It also allows safe, physically-distanced crossovers between clients.

**We are sanitizing all equipment on an "as-touched" basis and all high-touch surfaces routinely with a sanitizer that is certified effective against coronavirus**



Equipment sanitization includes (but is not exclusive to) all cardio equipment, barbells, dumbbells, machine handles and benches; high-touch surfaces include (but are not exclusive to) door handles, faucets, flush handle, shower stall, hair dryer, water cooler button, water cooler spout, and light switches. Please don't take offence if we are sanitizing during your session. This is being done in order to help us remember what needs to be cleaned and to be efficient and effective in our sanitizing procedures. This is a time-consuming process. Please understand, our duty to keep everyone safe may occasionally end up cutting into your session by a minute or two but we'll avoid this if at all possible.

**Please bring your own pre-filled water bottle**



If you must refill your water during your workout, we kindly ask that you use the regular tap.

**In order to facilitate physical distancing, we will no longer be doing close spotting nor assisted stretching (unless absolutely necessary)**



**We ask that you PLEASE respect our "bubbles" and maintain appropriate physical distancing from us as well.** Remember, if one of us gets sick, NOBODY gets to workout. It's important to maintain physical distancing with any client/trainer that is sharing the gym with you.

**If you have access to a mask, please bring it with you to the gym**



Wearing a mask in the gym is not mandatory. However, if you perform heavy bench press (or similar exercises which cannot be safely spotted from a distance), we kindly request that you consider wearing a mask during this exercise as it often puts us in the direct path of repeated heavy exhalation.

**Partner sessions are limited to 2 people that are from the same household or are already in the same close "social bubble"**



Partner sessions are currently only available when the "other" trainer is not also using the gym.

**Group sessions are not available at this time**

**At home workouts via "Zoom" online will continue to be offered at Core Ten**



These sessions have been very effective. It doesn't matter what equipment you may, or may not, have at home. If you're interested in giving an online guided personal training session a try let us know.