

COVID-19 Fitness Protocols - Level 3

*subject to update based on MOH guidelines



Level 3 - All Fitness Centres Remain Closed

- Priority for staff = Prepare for level 2, cleaning, maintenance and operating practices
- Priority for members = stay safe and stay connected with your YMCA Family

Services Available to members:

The YMCA Family facebook group will continue to offer free online services
Fitness on Demand accessible for free for all members

Staff focus:

1. Engage with members
 - YMCA Family facebook group
 - Connect with members email, txt or phone
2. Fitness staff allowed to enter facility to complete the following tasks (working at appropriate distance)
 - Cleaning
 - Full clean of entire fitness centre including all surfaces and all equipment
 - Perform Maintenance on all equipment
 - Test all equipment including all electronics and audio-visual
 - Order and install paper towel or wipe stations if not already available
 - Ensure sufficient stock of cleaning supplies including hand sanitiser available for opening
 - Physical Distancing Preparation
 - Create a floor plan for group fitness classes indicating maximum capacity in order to adhere to physical distancing requirements
 - Create a floor plan must for the gym floor indicating maximum number of people in each 'zone' to adhere to physical distancing requirements
 - Use tape or stickers to indicate safe physical distancing supporting the floor plan

COVID-19 Fitness Protocols - Level 2

*subject to update based on MOH guidelines



Level 2 - Fitness Centre Re-opens under strict Ministry of Health guidelines

- Priority for staff = Create an environment safe for exercise that adheres to all MOH guidelines
- Priority for members = Follow all MOH and YMCA guidelines to ensure safe exercise environment for yourself and others

Services Available to members:

The YMCA Family facebook group available for connection

Fitness Centre Re-opens

Group Fitness Classes Resume - excluding Boxing and Gold Fit, all classes shortened by 15 mins to allow time for cleaning

Member appointments and PT resume - must remain non-contact and adhere to physical distancing

Staff focus:

1. Engage with members

- YMCA Family facebook group
- Connect with members email, txt or phone
- Connect with members in person and ensure safe practices are understood and adhered to throughout the facility

2. Cleaning

- Full clean of entire fitness centre including all surfaces and all equipment daily
- Regular cleaning roster increased. On top of normal cleaning roster all staff will spend 15 mins of every hour cleaning
- Ensure sufficient stock of cleaning supplies including hand sanitiser available for staff and customers at all times
- All hygiene guidelines must be adhered to and enforced at all times

3. Physical Distancing

- Group fitness floor plan must be enforced at all times to ensure safe physical distancing
- Fitness centre floor plan must be enforced at all times to ensure safe physical distancing

COVID-19 Fitness Protocols - Level 2

*Note this is subject to update based on MOH guidelines



Safe Exercise during COVID-19

1. Compulsory handwashing

Pre and post-workout and eating for members/clients and staff. Washing should be with soap and water for 20 seconds and hands dried thoroughly. Repeat often.

2. Avoid touching your face

While working out or interacting with clients avoid touching your face at all times

3. Encourage use of non-shared equipment

Where possible bring your own equipment and design programming to minimize use of shared equipment

4. No Towel No Workout

You will not be allowed access to the gym if you do not bring your own personal workout towel

5. Spray and wipe all equipment

Use the cleaning products provided to spray and wipe all equipment that you contact during your workout

6. Maintain physical distancing

Follow the guidelines at your centre for maintaining physical distancing at all times. Work together with your fellow member to ensure all can maintain safe spacing. Adjust your workout load so that spotting is not required.

7. Contact tracing

Members are required to swipe in on entry. Casual visitors must register their full contact details by signing in for every visit.

8. Symptoms

If you are sick, please stay home. If you are experiencing any flu like symptoms please stay home and follow MOH guidance

9. Sneeze or cough into your elbows

Use tissues provided, dispose of used tissues immediately and wash hands thoroughly after coughing or sneezing

10. Stay up to date

Check out the latest information from the Ministry of Health and the YMCA website regularly, as the situation rapidly changes.