

# NEW GUIDELINES & PROTOCOLS

Understandably, due to the events of the COVID-19 pandemic, Alberta Health Services has implemented guidelines to help prevent the risk of transmission of infection. These guidelines are set to keep our instructors and members participating in programs as safe as possible. It is very important that all members do their best to respect and adhere to these new guidelines. Thank you for your understanding and cooperation.

## THE FOLLOWING GUIDELINES AND MEASURES HAVE BEEN MADE AT THE FACILITY TO KEEP YOU SAFE:

- At this time, contactless registration and payment is the safest option for everyone. Please learn how to do this by referring to page 4.
- The maximum number of participants per program has been significantly reduced to allow participants to adhere to the physical-distancing requirements.
- Some program and activity times have been adjusted to stagger furthermore allowing time for proper cleaning and sanitization of spaces, and to allow time for participants to leave and arrive with limited contact.
- Floor markings will indicate one-way flow patterns where possible, alternate exits, waiting areas and where to place yourself while adhering to distancing protocols before, during and after your program.
- Sneeze guards have been installed at the front office, fitness center and outreach desks.
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts. Please refer to page 3 to see updated office hours.
- Signs have been posted in every room indicating occupancy limits, distancing and hygiene expectations.
- Our custodial team will clean and disinfect high 'touchpoints' more frequently.
- Employees and Volunteers will receive daily health and temperature checks and self-isolation will be required if any staff/volunteer has been travelling, exhibiting symptoms, or has been exposed to someone exhibiting symptoms.
- Lockers, showers and water fountains will be *temporarily unavailable*.
- Wipes and sanitizer stations will be available as well as sinks in many program rooms for proper hand-washing.
- Reservation-based system implemented in the Fitness Centre with reduced patron occupancy and machine access.

## WHAT YOU CAN DO TO KEEP YOURSELF AND OTHERS SAFE:

- When possible, participants should arrive only a few minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces.
- When possible, participants are encouraged to bring their own mats and equipment.
- Participant should bring their own water bottles as fountains are *temporarily unavailable*.
- Please limit personal items as lockers are *not currently available*. You will need to keep all personal items with you at all times.
- Please wear your workout clothing to your activity. Changing at the facility is strongly discouraged. Carry with you your indoor footwear and bring a bag to place your outdoor shoes in when they are not being worn.
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection.
- Edmonton mandates masks at City of Edmonton owned facilities as of August 1, 2020. Yes, that includes NESAs. Participants, members, staff and volunteers will now be **REQUIRED** to wear a mask while in the facility. Exceptions will be made to people with health conditions that make it difficult or impossible to wear masks. If you are in a physical fitness program, you will not need to wear the mask during your activity but will be expected to wear it before and after.

**NOTE** NESAs will **NOT** be supplying masks to members.