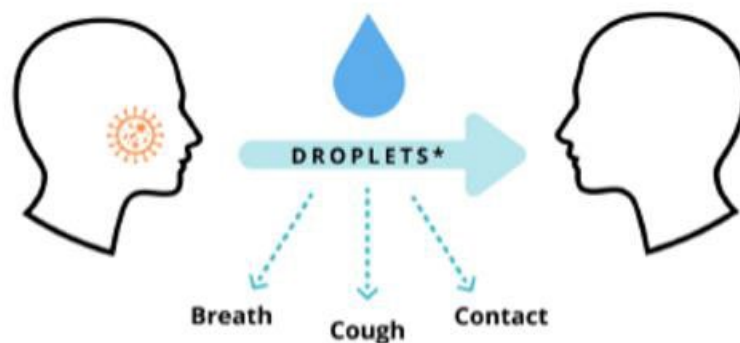


COVID-19 Fitness Facility Safety Plan

How COVID-19 Spreads

COVID-19 is spread through liquid droplets when an infected person coughs or sneezes. The virus in these droplets can enter the body directly through the eyes, nose, or mouth of another person if they are in close contact with the person who coughed or sneezed. COVID-19 is not transmitted through viral particles floating in the air and is not something that can enter the body through the skin.



The risk of person-to-person transmission can vary depending on the closer you come to other people, the amount of time you spend near them, and the number of people you come near. Physical distancing measures help mitigate this risk. The risk of surface transmission is increased when many people contact same surface, and when those contacts happen in short intervals of time. Effective cleaning and hygiene practices help mitigate this risk.

Adequate Control Requirement

It is imperative that the Athletic Club close should there be a period where adequate controls cannot be maintained.

The guest services agent is responsible for the gym during all operational hours. This person will be stationed at the hotel front desk and will manage the occupancy and operation while people sign in and out of the gym. Reliable and consistent oversight on the implementation of new policies and procedures must be in place to prevent the transmission of COVID-19.

General Guidelines

- Guests to retrieve keys and towels from front desk. Sign in sheets to be completed at the front desk before entry is permitted.
- Maximum Occupancy must be posted at the entrance of gym
- Establish a walking pattern and flow through gym,
- Instruct guests to use their own room for changing and to limit use of public washroom
- Create flow arrows to separate entrance and exit points to allow for social distancing
- All guests to sanitize hands before entering

- Any person who cannot maintain social distance of at least 2 meters from another person must wear a mask at all times
- All persons must wear masks while in hotel public areas including the lobby, halls and public washrooms
- Guest to sign in and answer wellness questionnaire before entering
- Guests to sign in at the front desk and answer wellness questionnaire
- Guest Services Agent to give access (either a key or unlock the gym for the guest)
- If there are two doors, each should be designated as an entrance and exit door
- Table set up at front entrance. All guests to sanitize hands before entering.
- Table at exit of gym for guests to sanitize hands as they exit the gym

Hygiene Policies and Practices

No less than 2 stations available with hand sanitizer, tissues, sanitizing spray and paper towels and a garbage can lined with waterproof bag.

All guests must sanitize their hands before their workout and to use hand sanitizer when transitioning between pieces of equipment.

Any water fountains must be put out of order. Water coolers may be used.

Equipment Layout

Guests are expected to maintain social distance of not less than 2 meters while using the gym

Should a guest not follow social distancing requirements, they will be asked to leave

Mark of areas showing at least 2 meters distance between stations

Mark area where high exertion is likely and greater distance should be taken

Linens and towels

All used linen must be placed in clearly marked “dirty” laundry bins that is lined with a clear waterproof garbage bag

Equipment cleaning and disinfecting

All guests are expected to wipe down equipment before and after every use using Betco Daily Dual Disinfectant Dual in a spray bottle with paper towel. Clients that they must allow equipment surfaces to air dry naturally before using.

All non-stationary equipment must be kept to one area to facilitate cleaning and disinfecting in between uses. Examples of non-stationary equipment include balls, blocks, mats, resistance bands, skipping ropes, wobble boards, and foam rollers.

Washroom

All guests to use washroom in pool area.

Usual entrance and exit procedures apply

Guests to sanitize hands before entering and after exiting the gym

Washrooms are to be cleaned and sanitized 4 times per day using Betco Daily Dual Disinfectant Dual in a spray bottle with paper towel.

Sanitization

It is expected that all high touch surfaces in the gym and washrooms will be sanitized no less than 4 times per day. Clean visibly dirty surfaces before disinfecting, unless stated otherwise on the product instructions. Cleaning refers to the removal of visible dirt, grime and impurities. Cleaning does not kill germs but helps remove them from the surface. Surfaces must be sanitized using Betco Daily Dual Disinfectant Dual in a spray bottle with paper towel.

High touch areas to be sanitized include:

- Door handles (front, back, pool, lobby)
- Light switches
- Countertop
- Bench
- Washrooms - All sink faucets, toilet, and urinal flushers, and tap handles
- Shower in washroom
- Water cooler, handles, taps

During the night audit shift, the gym will be completely cleaned and sanitized. This will include cleaning and sanitizing each piece of equipment, free weights and accessories using the Betco Daily Dual Disinfectant. The floors are to be vacuumed using a hepa filtered vacuum and washed with Betco Daily Dual Disinfectant. A record will be kept for all sanitization performed.

Signage to be posted

- Maximum occupancy
- Hours of operation
- Illness policy
- Entrance / Exit signs
- Flow arrows
- Hygiene policies
- Guests to sanitize equipment sign