

Reservable Drop-in Fitness Guidelines for Participants

- Program maximums follow Public Health Guidelines for Group Low Intensity Exercise classes. Maintain physical distancing of 2.5 metres while exercising and 2 metres at all other times.
- Your registration limits you to the time slot noted on this receipt – No exceptions.
- Stay home if you are sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool. If you have any signs of illness, you will be asked to leave the facility.
- As per the Provincial Health Order, mask use is mandatory in all four Saanich Recreation Centres except while participating in a sport or fitness activity. Masks must be worn in all common spaces, including hallways, lobbies, and washrooms. While in class, masks must be donned while moving from one part of the room to another ie. Picking-up dumbbells.
- Come dressed ready to exercise as change rooms are closed. Bring your own water bottle – Water fill stations available.
- Arrive no more than 5 minutes prior to your class.
- No congregating before or after class. In line-ups, maintain 2 metres distance from others at all times.
- Clean your hands before attending. Washroom facilities and hand sanitizing stations are available.
- Limited equipment is available at this time. Mats are not provided, please bring your own.
- There are no refunds for your reserved time. If you are sick please contact us no later than the day of your reserved time slot and we will be happy to apply a credit or refund to your account.

