

Saanich Weight Room Guidelines for Participants

General Information

- Please 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.
- Only those with a reserved space will be permitted into the weight room at their allocated time. Please enter the facility by the weight room designated entrance and line up in the “weight room line” no more than 5 minutes prior to your assigned workout time.
- A 90 minute workout time was chosen to allow for a comprehensive workout that includes additional cleaning of equipment that each gym user must include as part of their workout routine.
- Physical distancing is not optional. Those who are unable to follow the guidelines will be asked to leave the weight room. Patrons must stay 6 feet or two metres apart with the exception of a workout partner. Equipment in the weight room has been reduced and or re-arranged to meet physical distancing requirements.

Getting Ready for your Workout

- Your reserved time slot includes the time it takes to check in. Line up areas will be marked out for your entry into the weight room.
- Please come dressed in your workout gear as there is no change room access.
- Bring your own water bottle- water fill stations available.
- Limited cubbies/lockers will be available. Keep personal items to a minimum.
- Upon entering the weight room, you will be given your individual cleaning bottle. Towels will be available for you to use.
- Your registration limits you to the time slot noted on this receipt – no exceptions.

During your Workout

- Please keep at least 2 metres from others while you work out unless you are with a workout partner.
- Wash or sanitize your hands before and after your workout. Frequent handwashing is highly encouraged.

- Please refrain from congregating in the weight room to allow for physical distancing of others. The maximum number of people allowed in the free weight areas will be posted.
- “Working in” on pieces of equipment will not be permitted unless you are with your workout partner.
- Spotting – weight room attendants will not be available for spotting. We encourage you to lift an amount where spotting is not required. We would like to refrain from the use of spotters as much as possible unless you are in the gym with a workout partner.
- There will be a 10 min warning at the end of your reserved time. Please prepare for the completion of your workout time by finishing a little early to give yourself some time to complete the end of your workout on time and to thoroughly wipe down any last equipment you use.

Procedure for Cleaning Each Piece of Equipment

Before you use equipment: clean the parts of the machine or equipment you will be using (pins, adjustment knobs, seats, handles) by spraying with the disinfectant spray.

After you use equipment: clean all parts of the machine or equipment that you used by using the spray.

After Your Workout

- Once you finish your workout, please leave the weight room through the marked exit doors promptly.
- Clean your cubby with disinfectant spray and paper towel before you leave.
- Please leave promptly at the end of your reserved time as staff need to clean the weight room for the next group of gym users.

If you are sick

There are no refunds for your reserved time. If you are sick please contact us before your reserved time and we will be happy to apply a credit to your account.

.