

Vaughan Fitness Service Standards

Based on the guidance of provincial and regional public health authorities as it relates to COVID-19, Vaughan Fitness members can expect to see some changes to city-operated fitness facilities upon reopening. Outlined below are new standards to ensure a safe workout environment and the ongoing health and safety of fitness members and staff.

Note: These guidelines are subject to change based on ongoing advice provided by federal and provincial public health officials.

Before you enter the facility:

- All members and staff are to follow the provincial **self-assessment guidelines** outlined by public health officials.
- Masks are required to be worn when entering, exiting and while travelling through the facility. Masks will not be required during physical activity.
- All members will go through a check-in process.
- Temperature checks will be conducted on-site.

Encourage Physical Distancing:

- Members are encouraged to conduct their workout and exit the facility without unnecessary delay.
- Use the identified entry and exit points as indicated by signage and markers.
- Respect markers guiding traffic into, throughout, and out of the facility to practice physical distancing.

Cleaning and Sanitization:

- Prior to reopening, all fitness centres have gone through a rigorous deep clean and disinfecting.
- High traffic surface areas will be disinfected a minimum of twice per day.
- Floor surfaces will be disinfected daily.
- Hand sanitizing stations will be made available at the entrance and accessible throughout the facility.
- Members are encouraged to use disinfecting wipes on equipment before and after each use.

Limited Fitness Centre Capacity:

- Members and 10 visit pass holders will be asked to book an appointment in advance and centre hours will be temporarily modified to allow for further cleaning and disinfecting in between visits.
- We will schedule 30 minutes in between appointments to allow our team to clean and sanitize for the next group.
- Members will be given 75 minutes to workout.
- Fitness class schedules will be modified, and indoor/outdoor class offerings will be made available — registration will be required by appointment.
- Walk-ins will not be permitted to ensure we are able to track fitness centre capacity.
- Squash courts will be made available on modified hours.

Equipment Usage, Personal Training and Consultations:

- To facilitate physical distancing, equipment available for use will be reduced.
- Select equipment will be unplugged and clearly marked to ensure physical distancing.
- Members will be asked to practice physical distancing etiquette during personal training and consultation sessions. These sessions will be limited to 1 member per employee.
- Equipment should not be shared or used simultaneously (i.e. working in sets, spotting)

Temporarily on Pause:

- Change-room and lockers will be temporarily closed. It is recommended that members arrive in their workout gear and all personal items such as keys, cell phones, and wallets can be placed in the small lockers available on the fitness floor.
- Saunas and showers will be temporarily closed for public use.
- Pools will be closed until further notice.
- Lost and found will be removed until further notice.
- Water fountains will be blocked off — members are encouraged to bring their own pre-filled water bottles or utilize the automated filling station.
- All magazines and literature have been removed.
- Track usage will be closed to discourage movement across the facility.
- Queenax machine use will be modified until further notice.
- Stretching mats have been removed from all community centres — these will be replaced with individual mats to limit cross contact.
- All yoga, ab mats, and neck pads will be removed from the facility until further notice — members are encouraged to bring their own mats.
- Drop-ins are not available until further notice.

Recreational & Length Swim + Aquafitness Classes:

- Recreational and length swimming, and aquafitness classes are available to Vaughan Fitness members. Pre-registration is required and to be done at **vaughan.ca/RecOnline**.
- Fitness members planning to use both the fitness centre and pool during their visit, must book a workout session as well as the coinciding swim or aquafitness class. Members must exit the building and check in again prior to their next time slot. Note: fitness centre change rooms remain closed until further notice.

Please help us by doing your part to ensure the safety of our recreation community and staff by following these guidelines — thank you for your continued support and understanding.