



Public Health Recommendations for Fitness Centres

Comply with isolation instructions whenever applicable

- Clients with symptoms of COVID-19 or who have tested positive for COVID-19 should not frequent fitness centres until they have been cleared by a health professional.
- Clients returning from the South must complete their quarantine and be free from symptoms of COVID before using the fitness centre. They are not permitted to use the fitness center while in quarantine.
- Clients who are considered as contacts of case of COVID-19 must be assessed and cleared by health professional before using the fitness centre.

Follow hand hygiene and respiratory hygiene/cough etiquette

- Promote hand hygiene measures by making the necessary materials available (alcohol-based sanitizers, contactless trash cans, disposable paper towels, etc.).
- There must be proper ventilation that ensures good air circulation. It is essential that ventilation systems are maintained properly in accordance with the regulatory requirements for the type of establishment. It is also important to ensure that air is not blown directly on people.
- Promote the practice of respiratory hygiene/cough etiquette:
 - Cover your mouth and nose when coughing or sneezing, using tissues or the bend of the elbow, and wash hands afterwards.
 - Immediately throw used tissues into the trash and wash your hands.
 - Ideally, use contactless trashcans.
 - Do not touch your mouth or eyes with your hands.



Physical-distancing measures

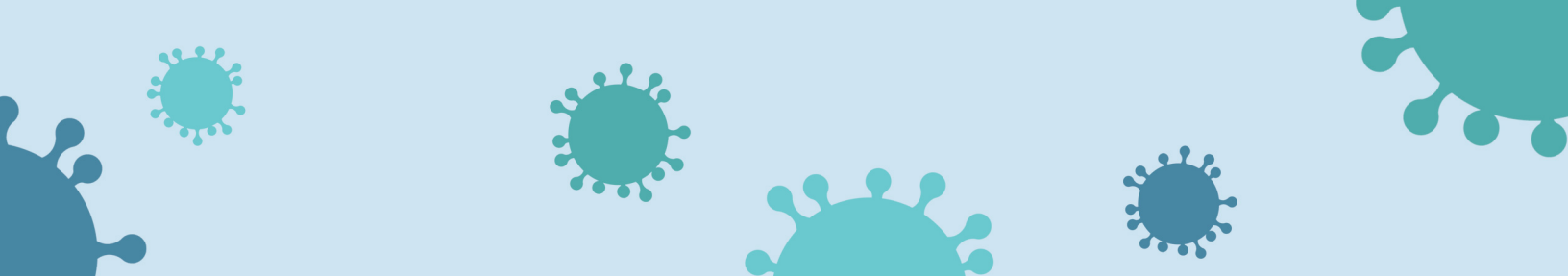
- Individuals must stay 2 metres away from each other, regardless of whether they are carrying out activities indoors or outdoors, unless they live under the same roof.
- Changing-room access is restricted in order to promote physical distancing between people.
- Establish and post occupancy limits that ensure the physical distancing requirement can be maintained. Consider floor surface area, possible reconfiguration of accessible areas, and availability of equipment when determining capacity limit.
- Consider the layout of equipment and fitness areas to ensure adequate spacing among clients. Position pieces of equipment at least 2 metres apart with greater distancing for aerobic fitness equipment where high exertion is common (e.g., treadmills, rowing machines, and spin bikes).
- Designate areas for the use of the equipment and for moving around the area to ensure physical distances are maintained. Consider using tape on the floor to define these areas.
- If equipment cannot be moved and will result in people being within 2 metres from one another, you may erect barriers, such as Plexiglas panels, between pieces of equipment or restrict access to certain equipment.

Review Administration Procedures

- Keep an entry log so that possible contacts between clients and staff can be traced adequately.
- Contact your region's Department of Public Health to find out what procedures apply in the event of an outbreak in fitness centers.

Ensure that frequently touched objects and surfaces are cleaned and disinfected

- Establish and post clear policies requiring clients to wipe down equipment before and after every use. Provide adequate supplies and garbage bins for disposing used materials.



- Instruct clients that they must allow equipment surfaces to air dry naturally before using.
- Consider keeping all non-stationary equipment in one area to facilitate cleaning and disinfecting in between uses. Some examples of non-stationary equipment include balls, blocks, mats, resistance bands and foam rollers.
- Fitness centres are to be cleaned and all equipment disinfected at the end of each day by staff.

For general information related to COVID-19, contact 1-833-301-0296, chat with the NRBHSS Facebook page through Messenger or consult the webpage <https://nrbhss.ca/en/coronavirus>