



## Code of Conduct Re-Opening 2021 – What to Expect

All persons will refrain from visiting the facility IF:

- If you or anyone in your household has travelled outside of Canada in the past 14 days, please stay home for 2 weeks and seek COVID-19 testing.
- If you feel ill and have cold or flu symptoms, such as cough, fever, shortness of breath, sore throat, chills, please stay home and seek COVID-19 testing.
- If anyone in your close social circle or family are ill, or have symptoms such as cough, sore throat and fever, please stay home and seek COVID-19 testing.
- Upon entering the Fit Mill, you are required to wear a face mask until you commence your work out. We ask that you use the Health-Canada approved hand sanitizer provided. Face masks must be worn after your workout as you exit the premises.
- In the main gym, you must sign in at Front Desk. For Classes, attendance will be taken, and all participants will be group screened by the instructor.
- Please distance yourself a minimum of 2 metres from everyone else upon entering the gym. Continue to do so for the duration of the visit. There are 2M markings on the floor.
- For Group Classes, we ask that you arrive no earlier than 5-10 minutes before your class and wait outside at the Studio or Lobby door until the instructor ushers you in. Please do not be late. Class members can decide to proceed outside or inside dependant on weather/conditions.
- Please exit the building after your workout and take all belongings. This includes training shoes, water bottles, and clothing.
- You are welcome to socialize outside. Masks are required if less than 2M apart outside.
- All members, visitors and staff must be passively screened (signage) and actively screened with specific Covid questions before using the facility.

- Until Labour Day, we will be limiting workouts to one hour at a time. Our facility maximum attendance is set to ensure ease of physical distancing and the safety of guests and staff. Your workout begins at sign-in time and ends one hour later. **If no one is waiting, you can sign in again for a second hour.**
- A class cap will be introduced to some group fitness classes. This is to ensure safe physical distancing.
- Please arrive to your workout ready to exercise, in proper workout attire. We ask that you bring minimal personal belongings and bags into the gym.
- Showers and lockers will not be available until after Labour Day or as Peel Health advises otherwise. Please bring your own towel and take it home with you. Towel service will not be available.
- We ask that you routinely use the hand sanitizer provided, as well as the disinfecting wipes located throughout the facility. These wipes should be used after equipment use. Please ensure that you thoroughly wipe down the equipment before moving on.
- If you feel the need to cough or sneeze, please do so into your elbow, then wash or disinfect your hands immediately. Please don't touch your face.
- We encourage visitors to bring their own Yoga/Pilates mats and follow mat designations where appropriate.
- Please wash your hands or use hand sanitizer before you leave,
- We ask that you respect our staff and protocols and refrain from requesting modifications on your behalf.