

COVID 19 Appointment Protocol

As we continue to navigate through these unique and evolving challenges, we want you to know that the health and safety of our clients and staff remains a priority. To ensure you have a safe and comfortable experience during your training session, we would like to share the new measures we are taking so you are fully prepared:

FORMS TO SIGN:

- Complete a “Self-screening Questionnaire” no more than 2 hrs before your appointment.

MASKS:

- Mask must be worn during warm up/cool down, and required if distancing is restricted. Only remove during intense workout.

ARRIVAL AT TRAINING FACILITY:

- Enter through hallway door at 500 Huronia Road
- Wait outside facility door. Coach will come out and get you when ready.
- Prior to entering, self-screening questionnaire and temperature check will be conducted by your Coach.

PERSONAL ITEMS:

- Refrain from bringing personal items into the facility. Bring only the necessary items.
- These items will be stored in the cubby. You will be required to sanitize the cubby prior to and after using it.

OTHERS IN YOUR APPOINTMENT

- No one will be allowed to accompany you to your appointment, unless you are under the age of 16yrs. Arrangements will need to be made prior to appointment booking to ensure we limit the number of people in facility.

HAND SANITIZING:

- Sanitize your hands soon as you enter the facility. Coach must observe you completing this task.

TRAINING SESSION PROTOCOL:

- Bring your water bottles filled. We recommend you bring a couple to ensure you have enough water. Water cooler will not be available.
- Athlete and coach will maintain 2m distancing at all times.
- Sanitize hands several times during session and refrain from touching your face. We suggest you bring a towel or cloth to wipe your face if sweating during session, to avoid hand to face contact.

CLEANING:

- Athletes will sanitize equipment/benches thoroughly before and after using equipment.
- Coaches will conduct thorough facility clean after each client.

EXIT:

- Clean cubby after you take your belongings.
- Sanitize hands at exit before leaving.

THANK YOU FOR YOUR COOPERATION!