

## COVID-19 Guidance for Gyms and Fitness Centres

### Risk Mitigation Plan

<b>Facility Name:</b>	Sundance Martial Arts Ltd.	
<b>Facility Address:</b>	2905A 43 Avenue, Vernon, British Columbia, V1T 3L4	
<b>Facility Manager and Contact Info:</b>	David White	(250) 306-2285
<b>Control Access</b>	<input checked="" type="checkbox"/> Staff (gym monitors) to be present throughout opening hours Front desk staff will monitor the non-training floor area and entrance. Instructors will monitor the training floor areas.  <input checked="" type="checkbox"/> Other methods of control Students will enter one at a time and go directly to their designated training area.	
<b>Use Appropriate Disinfectant</b>	<input checked="" type="checkbox"/> Chlorine solution (mix 1 part bleach to 100 parts water) <input checked="" type="checkbox"/> Other (see Section 9, COVID-19 Guidance for Gyms and Fitness Centres) Simple Green d PRO 3 PLUS™	
<b>Increase Facility Sanitation</b>	Equipment/other high touch surfaces to be regularly sanitized by staff: All touch points and high traffic areas, including (individual use) public washrooms, sanitized by staff in between each class and also at the beginning and end of every shift.	
<b>Encourage Hand Hygiene</b>	<input checked="" type="checkbox"/> Hand sanitizer available: 2 hand sanitizer dispensers are available and located at the entrance of each training floor.  <input checked="" type="checkbox"/> Handwashing stations (warm running water, liquid soap, paper towel) available 2 handwashing stations are available and located in each of the public washrooms	
<b>Limit Occupancy (physical distancing)</b>	Minimum number of staff 2 Maximum number of clients at one time 12	

<b>Post Signage</b>	<input checked="" type="checkbox"/> Do Not Visit if Unwell: 1 on front entrance door <input checked="" type="checkbox"/> Physical Distancing: 1 on front entrance door <input checked="" type="checkbox"/> Hand Hygiene Poster: 1 at each hand washing station and in cleaning supply room
<b>Manage Patrons</b>	<input checked="" type="checkbox"/> Patrons are asked health-screening question by staff. 1 staff member at the entrance will give the questionnaire <input checked="" type="checkbox"/> Disinfectant wipes or spray/paper towel provided for patron use Simple Green d PRO 3 PLUS™, Lysol Disinfectant wipes, paper towel. <input checked="" type="checkbox"/> Contactless payment encouraged <input checked="" type="checkbox"/> Encourage physical distancing and discourage congregating. Parent viewing area is closed. Pro-shop and membership desk is by appointment only. <input checked="" type="checkbox"/> Group classes discontinued or conducted only with physical distancing: Taekwon-Do classes are being held with zero contact between students. All sparring and self defense training is suspended. Members on the training floor are given their own 3m square space separated by cones. Maximum 12 members on the floor plus 1 or 2 instructors. <input checked="" type="checkbox"/> Discontinue or limit locker room use.
<b>Limit Food/Beverages</b>	<input checked="" type="checkbox"/> Close drinking fountains (water bottle filling stations are acceptable if sanitized as appropriate). <input checked="" type="checkbox"/> No food or drink sold
<b>Manage Customer Entry Points</b>	<input checked="" type="checkbox"/> Place tape/cones every 2 m for appropriate spacing in queues. <input checked="" type="checkbox"/> Alternate measures: Customers are only allowed entry one at a time (with parent when needed). Entrance to the training floor is managed by staff in order to maintain physical distancing. Inter-class times are increased to allow for a more manageable transition.
<b>Staff Health</b>	<input checked="" type="checkbox"/> Update staffing guidelines to preclude working while sick <input checked="" type="checkbox"/> Staff indicate wellness upon sign in/arrival to work
<b>Other Services</b>	<input checked="" type="checkbox"/> Saunas, steam rooms, and group sport areas to remain closed.