

ROCKY POINT FITNESS

COVID-19 MITIGATION PLAN

**LAST REVISED
August 17, 2020**

Phase One: Covid-19 Mitigation Plan

Rocky Point Fitness and Health is a Personal Services business operating at 1574 Booth Ave, Coquitlam BC. In the Fitness Industry we would be considered as a “Micro Gym”. We do not provide rows of equipment. We do not allow unsupervised activity. We are a business that provides personalized health coaching with a focus on fitness. We offer 1-on-1 training, group classes, nutrition counseling, and health coaching. For 10 years we have made improvements in thousands of peoples lives: weight loss, reduced probability of chronic disease, improved health and immune systems, confidence building, stronger social connections. We have survived this lockdown with a strong foundation of membership that I consider to be a community.

Rocky Point Staff Safety

All coaches and staff are required to self monitor. If staff are experiencing any symptoms of illness they are required to stay home, self-isolate and contact a care provider. Coach compensation will not be interrupted while they remain at home.

Self-Screening

As cases begin to increase, we are asking members to maintain the utmost caution before attending a class. If you are feeling unwell and uncertain of a logical plan of action, start with the self-assessment tool provided by the BC Health Authority

[BC COVID-19 Self-Assessment Tool](#)

You may be prompted to call 811 to arrange a test. We do not need to know if you have gone for a test. But we do ask you to remain at home while you await results. If you test positive, please contact Tom (tom@rockypointfitness.com 604-340-2978) so that we can conduct prompt contact tracing protocols.

Further, if anyone in your workplace has tested positive, please follow the instructions from your workplace.

Physical Distancing

1./ The floor space where we conduct our activities is 7000 sq ft. We have marked out a 2160 sq ft section of the floor with clearly identified 18 workspaces. Each space measures 120 sq ft. The distance from the centre of one box to the other is 3.04 meters (10 feet). During a coached session a maximum of 14 people would be permitted in the 7000 sq ft facility.

O	O	O	O	O	O
O	X	X	X	X	O
O	O	O	O	O	O

Illustration 1: Workspace configuration



Illustration2: The actual space at Rocky Point Fitness. 18 10x12 ft workspaces

2./ Each 1-hour session is conducted and observed by a full-time Health Coach. During a session the coach will be responsible for:

- Controlling the flow of members entering and exiting the facility
- Screening and questioning incoming members for:
 - Fever
 - Chills
 - Shortness of breath
 - Sore throat and painful swallowing
 - Fatigue
 - Are you living with anyone who has experienced the symptoms of Covid 19 recently
 - Have you or anyone at your house traveled outside of Western Canada in the last 2 weeks.
- Directing members to their reserved workspace
- Controlling flow of members to one of 3 hand washing stations

- Observing that members remain in their space maintaining 3.08M distance protocol at all times.
- Observing that the session closely adheres to our time guidelines to allow 30 minutes between sessions
- Observing that members are cleaning all their equipment as per Cleaning Protocol 1 (see below)
- At the conclusion of the session, ensuring members conduct themselves back to their cars and not allow for any congregation of members.
- Execute the cleaning protocols between sessions (see below: Cleaning Protocols)

3./ No Congregation of Members. All waiting areas have been closed to members. Members arriving at the facility will wait outside the facility for the signal from the attending coach that they can enter and proceed directly to their reserved workspace. We have dedicated a large amount of space to conducting members through “no congregation zones” to get to and from the entrance to their reserved space. In addition, we will discourage clustering outside the facility bay door entrance by providing suggested waiting spots 2 meters from each other.



Illustration 3. Waiting area spaces outside the facility entrance.

4./ All required equipment (see Equipment Disinfectant Protocol below) for that session will be arranged the night before by the attending coach. There will be no reason for members to leave their workspace to collect or exchange equipment.

5./ The attending coach will maintain a minimum of 3.08 Meters from the entire workspace. Hash Marks have been detailed in the flooring to maintain this distance.

6./ All members will be required to utilize our reservation system (Wodify) to secure a session time. Walk-ins will not be permitted under any circumstances.

- When a member is using the reservation system to secure a session time they will be challenged by the following statement:
 - “By making a reservation you confirm that you are free of the following symptoms: Fever, chills, shortness of breath, sore throat and painful swallowing, fatigue. Furthermore, you confirm that you are not living with anyone who has experienced the symptoms of Covid 19 recently. Nor have you or anyone at your house traveled outside of the province in the last 2 weeks. You will be screened when you arrive for your session.”

7./ Each session is 1 hour in length. A 30 minute buffer will be scheduled between each session to allow for everyone to leave; equipment to be rotated to the adjacent workspace; the cleaning protocols executed

Increased Ventilation

1./ **Open Bay Doors.** Our facility has 2 large bay doors that will be open during each session.

2./ **Rear Exits.** Two rear exits are situated opposite the bay doors and will be open during the sessions

3./ A blower will be operating at each door working as an exhaust to port air from the inside of the facility to the outdoors.

4./ A fixed blower is installed opposite the bay doors and will be operating during the session

Cleaning Protocols

1./ When members are expected to clean their equipment upon arrival to their reserved square with the cleaning materials provided.

2./ At the conclusion of each session members will use the provided disposable wipes and spray solution in their workspace to clean the surfaces of the equipment they used. Then, when instructed by the coach, return the equipment to the closest rack in the case of a barbell and plates, or leave the equipment in their square.

2./ In preparing the equipment for the next day, attending coaches will clean all equipment with OXY Q DISINFECTANT - Hydrogen Peroxide Based Disinfectant. (Listed on Canada.ca as an effective disinfectant for use against COVID-19. [Safety Data Sheet](#))

4./ After each session, the attending coach will be cleaning the floors with an auto scrubber using an OXY Q Disinfectant solution.

5./ **Hand washing and hand sanitizing.** There are three washrooms in the facility that members will take in turn to wash their hands prior to and after their sessions. Hand sanitizer dispensers will be located at each entrance.

6./ **Frequent disinfecting of high touch areas** such as door handles and faucets using the materials detailed above.

7./ **Daily thorough cleaning and disinfecting of the facility.** Entrance Ways, high traffic areas, and other areas not utilized by members will be cleaned using an auto scrubber and a solution of OXY Q.

8./ **Bathrooms.** Anyone using a washroom must clean anything they touch with the supplied cleaning materials.

Other Specific Protocols

1./ **Changerooms and Showers.** There will be no access to the change rooms and showers during the first phase of re-opening. Members are instructed to arrive at the facility in their workout gear.

2./ **Personal Belongings.** Access to personal belonging storage will be inaccessible during the first phase of re-opening. Members are welcome to leave their things in the empty adjacent workspace to their own.

3./ **Filtered Water Dispenser.** You will not have access to this unit during phase 1 of re-opening. Please bring plenty of water from home (AND DON'T LEAVE YOUR WATER BOTTLE AT THE FACILITY)

4./ **Chalk.** We will be removing the chalk buckets from the floor. Please bring your own (and take it home with you). We have a very limited amount of chalk for sale.

5./ **Signing In and Recording Your Session Work.** The main computers will be inaccessible during phase 1. Ensure that you have the latest Wodify Athlete App installed on your phone. Use the App to reserve, sign-in and record your session work.

6./ **Masks.** Fraser Health's guidance states that masks are not required if we maintain physical distancing. While it might be preferable that everyone wears a mask significant data has been produced that indicates additional complications deriving from depriving oneself of oxygen while working out. The coaches will be wearing masks during the sessions we attend. We leave the decision to wear a mask up to you. If you are severely de-conditioned or have health complications, it's advised that you don't wear one. When in doubt, contact your doctor prior to returning. If you are wearing a mask you must carefully monitor your intensity and be aware of

dizziness. Whether you wear a mask or not you are required to be hyper-vigilant when it comes to awareness of physical distancing.

7./ Each session will have a checklist to be completed and signed by the attending coach. (See attached: Session Checklist)

8./ Signage. Signs will be posted at the entrance reminding members:

- Do not enter if you show any of the following symptoms: Fever, chills, shortness of breath, sore throat and painful swallowing, fatigue.
 - Do not Enter if :
 - You living with anyone who has experienced the symptoms of Covid 19 recently
 - You or anyone at your house traveled outside of the province in the last 2 weeks.
- In addition, do not enter if you are living with anyone who has experienced the symptoms of Covid 19 recently. Or if you or anyone at your house traveled outside of the province in the last 2 weeks.
- A maximum of 12 members and 1 coach will be permitted during this session. Walk-Ins are not permitted

- Red Zone - No congregating

Member & Staff Education

1./ Each member and visitor will receive educational briefings of the above protocols using multiple media:

- Phone calls
- Email
- Video
- Social Media posts

2./ Coaches and staff have already been a major part of developing these protocols and we will continue to educate ourselves as additional guidance is provided by the Health Authorities.

3./ In order to attend sessions, members will receive a copy of the protocols; acknowledge understanding and expectations of the members and sign the document.

4./ We will revisit our protocols regularly; closely monitor the guidance of our Health Authority; make changes as needed; and inform our staff and members in a timely fashion.

We look forward to working with the required stakeholders and welcome any feedback and suggestions to enhance our protocols and operating guidelines moving forward to create the best possible experience for our membership and respect the safety of both our staff and our

members. All the protocols and guidelines have been established and developed out of an abundance of caution for everyone with safety being paramount.