



# COVID-19 SAFETY PLAN

**Date:** March 1, 2021

**Revised:**

FLEXIT's COVID-19 safety plan is developed in accordance with [WorkSafe BC guidelines for gyms and fitness centres/personal training services](#). This plan meets or exceeds existing guidelines, and is updated as necessary to comply with relevant provincial health orders.

The following guidelines apply to FLEXIT's [in-person coaching \(FLEXIT2YOU\)](#) services (studio-based services may be subject to different safety protocols\*):

**Pre-screening:** 48 hours prior to scheduled training sessions, clients will receive an email appointment reminder with a mandatory COVID symptom assessment questionnaire, a link to this safety plan, and a reminder of FLEXIT's mask policy. Clients exhibiting COVID-like symptoms can reschedule in-person training or substitute a virtual session.

**Health check:** prior to training, clients will submit to a non-contact infrared temperature check; sessions will be rescheduled for clients with temperature  $>98.9^{\circ}\text{f}/37.2^{\circ}\text{c}$ .

**Physical distancing:** efforts will be made to maintain  $>2$  metres physical distance during coaching sessions.

**Personal protective equipment (PPE)/mask policy:** FLEXIT's coach and clients will wear disposable or cloth face masks during in-person training sessions. If a client does not have a mask, one will be provided.

**Hand hygiene:** FLEXIT will supply a [Health Canada approved hand sanitizer](#) for use prior to and after training sessions. Hand sanitizer should be re-applied after contact with any potentially contaminated surface (eg: face mask; water bottle; light switches; smart phones; etc.).

**Disinfecting fitness equipment:** all FLEXIT fitness equipment will be disinfected between training sessions, using a clean cloth and [Health Canada approved hard surface disinfectant cleaner](#). Equipment includes: floor mats; benches; weights/kettlebells; barbells; resistance bands; loop bands; stability balls; BOSU balls; medicine balls; foam rollers; yoga blocks; etc.

**Contactless client services:** scheduling, charting, and payments are maintained digitally through [FLEXIT's Jane App account](#), a BC company providing secure, cloud-based, clinic management software.

**Partner training, small group exercise classes, and workshops:** Ordinarily, FLEXIT partner training is open to any two people wishing to exercise together; however, due to current public health orders, partner training is restricted to people from the same household. Periodically, small group exercise classes and workshops are offered; these are subject to COVID-19 safety protocol, including physical distancing and ventilation requirements. High intensity training and classes are not available through FLEXIT.

**Right to refuse unsafe work:** FLEXIT reserves the right to refuse services to clients who are unwilling to comply with this COVID-19 safety plan.

\*Studio-based services offered at [Tonume Integrated Health](#) are subject to [Tonume's COVID-19 Health and Safety Plan](#)