



COVID-19 Guidance for Gyms and Fitness Centres  
**Appendix 1: Risk Mitigation Plan**

**NOTE:** Refer to COVID-19 Guidance for Gyms and Fitness Centres in Island Health's Region

<b>Facility Name:</b>					
<b>Facility Address:</b>					
<b>Date Submitted:</b>					
<b>Control Access</b>	<input type="checkbox"/> Staff (gym monitors) to be present throughout all opening hours <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe gym monitor duties</div> <input type="checkbox"/> Other methods of control <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe if applicable</div>				
<b>Use Appropriate Disinfectant</b>	<input type="checkbox"/> Chlorine solution (mix 1 part bleach to 100 parts water) <input type="checkbox"/> Other as per VIHA Environmental Cleaning document) <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Specify product(s) and concentrations used</div> <p>(*See attached for mixing instructions and further information)</p>				
<b>Increase facility sanitation</b>	<p>Equipment/other high touch surfaces to be regularly sanitized by staff:</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe frequency of disinfection per day and areas to be covered</div>				
<b>Encourage Hand Hygiene</b>	<p>Hand sanitizer available: <div style="border: 1px solid black; padding: 2px 20px;">Provide number and describe placement.</div></p> <p>Hand washing stations (warm running water, liquid soap, paper towel) available: <div style="border: 1px solid black; padding: 2px 20px;">Provide number and describe placement.</div></p>				
<b>Limit occupancy (physical distancing)</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; border-bottom: 1px solid black;">Minimum number of staff:</td> <td style="width: 50%; border-bottom: 1px solid black;">Maximum number of clients:</td> </tr> <tr> <td style="border: 1px solid black; height: 30px;"></td> <td style="border: 1px solid black; height: 30px;"></td> </tr> </table>	Minimum number of staff:	Maximum number of clients:		
Minimum number of staff:	Maximum number of clients:				
<b>Post Signage</b>	<input type="checkbox"/> Do Not Visit if Unwell: <div style="border: 1px solid black; padding: 2px 20px;">Provide number and describe placement.</div> <input type="checkbox"/> Physical Distancing: <div style="border: 1px solid black; padding: 2px 20px;">Provide number and describe placement.</div> <input type="checkbox"/> Hand Hygiene Poster: <div style="border: 1px solid black; padding: 2px 20px;">Provide number and describe placement.</div>				

## Appendix 1: Risk Mitigation Plan

(Continued...) Facility Name:	
<b>Manage Patrons</b>	<input type="checkbox"/> Patrons are asked health-screening question by staff. <input type="checkbox"/> Disinfectant wipes or spray/paper towel provided for patron use <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Provide number and describe placement.</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">List products used, if different from those specified above</div> <input type="checkbox"/> Contactless payment encouraged <input type="checkbox"/> Encourage physical distancing and discourage congregating. <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Describe measures taken</div> <input type="checkbox"/> Group classes discontinued or conducted only with physical distancing: <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Describe class offerings</div> <input type="checkbox"/> Discontinue or limit locker room use. <div style="border: 1px solid black; padding: 2px; margin-bottom: 2px;">Describe class offerings</div>
<b>Limit Food/Beverages</b>	<input type="checkbox"/> Close drinking fountains (water bottle filling stations are acceptable if sanitized as appropriate). <input type="checkbox"/> No food or drink sold
<b>Manage Customer Entry Points</b>	<input type="checkbox"/> Place tape/cones every 2 m for appropriate spacing in queues. <input type="checkbox"/> Alternate measures: <div style="border: 1px solid black; padding: 2px; margin-top: 2px;">Describe</div>
<b>Staff Health</b>	<input type="checkbox"/> Update staffing guidelines to preclude working while sick <input type="checkbox"/> Staff indicate wellness upon sign in/arrival to work
<b>Other Services</b>	<input type="checkbox"/> Saunas, steam rooms, and group sport areas to remain closed.