



## Quick Reference Guide

As always, our top priority is the health and safety of our members and staff. Outlined below are precautions and procedures to meet public health regulations and to protect you and others while enjoying the Reh-Fit. Virtual services are available. This Guide is subject to change.

As of April 1, 2022

General	
<b>Centre Hours</b>	<p>Monday - Friday: 6 am to 9 pm Saturday &amp; Sunday: 7 am to 5 pm</p> <p><i>Please note these hours are subject to change on statutory holidays.</i></p>
<b>Café</b>	<p>Members must maintain a minimum distance of two metres (6 feet) from other people unless from the same household. Please do not bring in your own coffee cups. While not actively drinking or eating, you are required to keep your mask on.</p> <p><u>Hours:</u> Monday to Friday: 7 am to 7 pm Saturday &amp; Sunday: 9 am to 4 pm</p> <p><i>Please note these hours are subject to change on statutory holidays.</i></p>
Safety	
<b>Screening</b>	<p>If you have recently travelled or feel unwell, please postpone your visit to the Centre and complete the <a href="#">COVID-19 Screening Tool</a>. All members and program participants will be asked to read through the COVID-19 Screening Tool questions prior to entry.</p>
<b>Proof of Vaccination</b>	<p>The Reh-Fit Centre extended its vaccine mandate to April 1, 2022. Proof of vaccination is no longer required.</p>
<b>Face Masks</b>	<p>At this time, Reh-Fit will continue to require masks to be worn in all common areas such as the locker rooms. Wearing face masks while actively exercising will continue to be optional. They are not required while showering, in the sauna, and when eating/drinking but are required when moving throughout the facility, including to and from the exercise areas, showers, and sauna. Use of higher-grade masks such as KN95 or medical grade masks are most effective.</p>
<b>Physical Distancing</b>	<p>Maintain a minimum distance of two metres (6 feet) from others at all times unless from the same household. We recommend more distance when exercising and/or not wearing a mask.</p>
<b>Hand Washing</b>	<p>Wash your hands thoroughly and frequently. If a sink is not available, hand-sanitizing stations are available throughout the Centre.</p>

<b>Check In</b>	Touchless check-in at the Reception Desk is required every time you enter the Centre. Use of hand sanitizer on entry is available. Have your facility access card out and ready to use before you enter the facility.
<b>Adherence to Procedures</b>	All members and program participants must maintain appropriate physical distance, clean used equipment with wipes provided, and abide by all other rules in place for the protection of others. Members not complying with the rules may be asked to leave the facility.
<b>Facilities</b>	
<b>Lobby</b>	Please maintain physical distancing.
<b>Elevators</b>	Maximum of two people in lobby elevator. One person or household at a time in the fitness area elevator.
<b>Weight Room Area</b>	Please maintain a minimum distance of three metres (9 feet) from others unless from the same household. If the staff feel the area is getting crowded, they will limit access. Users are responsible for wiping down equipment after use including dumbbells and barbells.
<b>Cardio Machines</b>	Equipment dividers have been placed between the machines to maintain safety. Limit time per machine to 30 minutes. Users are responsible for wiping down equipment and TV remotes.
<b>Track</b>	Maintain a minimum distance of three metres (9 feet) from others unless from the same household.
<b>Functional Training Zone</b>	Maintain a minimum distance of three metres (9 feet) from others unless from the same household while doing physical activity. Users are responsible for wiping down equipment including dumbbells and other small equipment.
<b>HydroMassage Loungers</b>	Available for those who have paid for this service. Please wash your hands or use hand sanitizer before use and use wipes on loungers after use. A reminder to remove shoes before using the loungers to maximize the massage and maintain cleanliness.
<b>Locker Rooms</b>	
<b>Lockers</b>	Locker rooms are open. Select a locker that is physically distant from others. If someone is using a locker near yours, wait for them to finish before approaching your locker. You must have your mask on at all times, including walking to and from the shower and sauna. Members are asked to use wipes on handles and keys after use.  Express lockers are also available on the main floor and in the Café area.  <i>Reminder: All lockers are for daily use only.</i>
<b>Showers</b>	Showers are open; please follow physical distancing guidelines. Please wear a mask to and from the showers.
<b>Saunas and Steam Rooms</b>	Saunas and steam rooms are now open and available for use. There will be two people maximum in the sauna and one person at a time in the steam rooms to ensure adequate physical distancing. Disinfectant spray is available for use after leaving the sauna and steam rooms.
<b>Programs</b>	

<b>Group Fitness Classes</b>	<p>Available in-person and online on <i>Reh-Fit Anywhere</i>.</p> <p>Limited numbers in-person to ensure adequate spacing. Floor signage will guide you on spacing. Registration for group fitness classes is not required at this time, but may be introduced if required.</p> <p>Please do not save spots with water bottles or equipment any earlier than 15 minutes prior to the start of the class.</p>
<b>Recreational Activities</b>	<p>Badminton, pickleball, and floor shuffleboard will be available but physical distancing must be maintained.</p>
<b>Registered Programs</b>	<p>Available in-person and online. Limited numbers in person to ensure adequate spacing.</p>
<b>Personalized Services</b>	
<b>One-on-One Coaching/Guidance</b>	<p>Available on-site and virtually. Member and staff will require a face mask if in person.</p>
<b>Health and Fitness Assessments</b>	<p>Available. Member and staff will require a face mask.</p>
<b>Massage Therapy</b>	<p>Available. Member and staff will require a face mask.</p>
<b>Rehab Services</b>	<p>Available. Member and staff will require a face mask.</p>
<b>Nurse Foot Care</b>	<p>Available. Member and staff will require a face mask.</p>
<b>Personal Training</b>	<p>Available onsite and virtually. Staff will require a face mask if in person.</p>
<b>Nutrition Counselling</b>	<p>Available onsite and virtually. Member and staff will require a face mask if in person.</p>