



Quick Reference Guide

As always, our top priority is the health and safety of our members and staff. Outlined below are new precautions and procedures to meet government regulations and to protect you and others while enjoying the Reh-Fit once again. This plan is subject to change.

General	
Centre Hours	Monday - Friday: 6 am to 9 pm Saturday & Sunday: 7 am to 5 pm <i>Please note these hours are subject to change on statutory holidays.</i>
Capacity	Capacity is currently limited as per government regulations.
Time Limit	Members are encouraged to keep their visit to under 90 minutes.
Guests	Guests are not allowed at this time.
Towel Service	Not available at this time. Pre-payments for this service prior to COVID-19 have been credited to members' accounts.
Public Phones	Public phones in the front vestibule and outside the locker rooms are not available.
Transactions	No cash transactions at this time.
Heart Rock Café	Closed at this time as per government regulations.

Safety	
Screening	<p>All staff and members must answer no to all the following before entering the facility:</p> <ol style="list-style-type: none"> 1. Do you have any of the following symptoms: severe difficulty breathing (e.g., struggling for each breath, speaking in single words), chest pain, confusion, extreme drowsiness or loss of consciousness? 2. Do you have shortness of breath at rest or difficulty breathing when lying down? 3. Do you have a new onset of any of the following symptoms: fever/chills, cough, sore throat/hoarse voice, shortness of breath, loss of taste or smell, vomiting, or diarrhea for more than 24 hours? 4. Do you have a new onset of 2 or more of any of the following symptoms: runny nose, muscle aches, fatigue, conjunctivitis (pink eye), headache, skin rash of unknown cause, or nausea or loss of appetite? 5. Have you been in contact in the last 14 days with someone that is confirmed to have COVID-19? 6. Have you had laboratory exposure while working directly with specimens known to contain COVID-19? 7. Have you been in a setting in the last 14 days that has been identified by public health as a risk for acquiring COVID-19, such as on a flight, in a workplace with a cluster of cases, or at an event? 8. Have you travelled outside of Canada, or within Canada excluding travel to western Canada, the territories, or Ontario west of Terrace Bay in the last 14 days? 9. In the last 14 days, has anyone living in your household travelled outside of Canada, or within Canada excluding travel to western Canada, the territories, or Ontario west of Terrace Bay?
Face Masks	<p>Non-medical face masks are mandatory at the Centre at all times including during exercise. We encourage you to decrease your intensity of exercise until you adjust to wearing a mask.</p>
Check In	<p>Touchless check in at the Reception Desk is required every time you enter the Centre. Use of hand sanitizer on entry is mandatory. Have your membership card out and ready to use before you enter the facility. The gate will unlock once you scan. Push the gate open with your body, not your hand.</p>
Spacing	<p>Maintain a minimum distance of 2 metres (6 feet) from people throughout the Centre and more while exercising. Please be mindful of identified floor markings.</p>
Signage	<p>Signage will be placed throughout the Centre to guide and advise you as appropriate.</p>
Hand Washing	<p>Wash your hands thoroughly and frequently. If a sink is not available, hand sanitizing stations are available throughout the Centre.</p>
Adherence to Procedures	<p>All members must maintain appropriate physical distance, clean used equipment with wipes provided, and abide by all other rules in place for the protection of members and staff.</p> <p><i>Please do not take any cleaning or disinfecting supplies from the Centre for your personal use outside of the Centre.</i></p>

Facilities	
Entrance & Vestibule	There are designated entrance and exit doors. You will be reminded of screening questions upon entering and will need to sanitize your hands.
Lobby	Seating will be limited. Please maintain physical distancing and avoid spending time in the lobby unless necessary to speak to staff.
Elevators	Maximum of two people in lobby elevator. One person or household at a time in the fitness area elevator.
Drinking Fountains	Only bottle fillers are available for use at this time. Please bring a water bottle with you.
Weight Room Area	<p>Some machines will be taken out of service in order to maintain appropriate physical distancing. Out-of-service signs will be placed on these machines. Limit time on a machine and do not sit on benches and chat. Users are responsible for wiping down equipment after use including dumbbells and barbells. Maintain a minimum distance of 2 metres (6 feet) from people throughout the Centre and more while exercising. If spotting someone, please use a non-medical face mask unless from same household.</p> <p>If the staff feel the area is getting crowded, they will limit access to the area.</p>
Cardio Machines	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.
Track	Maintain a minimum distance of 2 metres (6 feet) from people throughout the Centre and more while exercising. Every second lane will be closed.
Functional Training Zone	Maintain a minimum distance of 2 metres (6 feet) from people throughout the Centre and more while exercising. Users are responsible for wiping down equipment including dumbbells and other small equipment. When programs are offered in the functional training zone, other members will not have access to the zone.
Hardwood Floor in Fitness Area	The majority of group fitness classes will be held on the hardwood floor in the general fitness area. Be mindful of spacing indicators on the floor. Small equipment cannot be shared. Users are responsible for wiping down equipment.
Studio A	There are designated entrance and exit doors. Limited schedule for ride and yoga classes. Virtual classes are scheduled throughout the day as well as on-demand classes when the room is not in use. Be mindful of spacing indicators on the floor. Users are responsible for wiping down equipment including dumbbells and other small equipment.
Studio B	Will not be in use for group fitness classes at this time.
Mind/Body Studio	Pilates reformer classes have been temporarily moved to the Mind/Body Studio to maintain proper physical distancing.

HydroMassage Loungers	Available on a first-come, first-served basis 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.
Parking	Ample free parking is available. Accessible parking spots are available.
Locker Rooms	
Lockers	Members are encouraged to change beforehand and bring as few personal items as possible. Please have your non-medical face mask on unless showering. Some lockers have been taken out of service to maintain physical distancing. 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.
Showers	Members are encouraged to shower at home. In the men’s locker room, some open showers will be taken out of service to maintain physical distancing.
Steam Rooms	Temporarily closed.
Saunas	Temporarily closed.
Hairdryers	Not available.
Programs	
Orientation Sessions	Not available currently. Coaching sessions are available on site or virtually.
Group Fitness Classes	Limited schedule with shorter and staggered classes. Capacities will be limited. First come, first served. Participants must arrive on time and are responsible for wiping down equipment after use. Please limit attendance to one class per visit. Group fitness classes are also available virtually.
Yoga	Limited schedule. Registration is required and capacities will be limited. Participants must arrive on time and are responsible for wiping down equipment after use. No yoga equipment will be provided other than bolsters. Members are required to bring their own mat. Yoga classes are also available virtually.
Pilates	Limited schedule. Registration is required and capacities will be limited. Participants must arrive on time and are responsible for wiping down equipment after use.
Recreational Activities	Pickleball, badminton, etc. participation will be limited. Participants are encouraged to bring their own equipment.
Registered Fitness Programs	Registered fitness programs are available on site or virtually.

Restore Your Health Programs	Available on a limited basis on site with virtual option provided.
Cardiac Rehabilitation	Cardiac rehabilitation is available on site or virtually.

Personalized Services	
One-one-one Coaching	Available on-site and virtually. Member and staff will require a non-medical face mask if in person.
Health and Fitness Assessments	Available. Member and staff will require a non-medical face mask.
Massage Therapy	Available. Member and staff will require a non-medical face mask.
Physiotherapy	Available. Member and staff will require a non-medical face mask.
Athletic Therapy	Available. Member and staff will require a non-medical face mask.
Foot Care	Available. Member and staff will require a non-medical face mask.
Personal Training	Available onsite and virtually. Staff will wear a non-medical face mask if in person.
Nutrition Counselling	Available onsite and virtually. Member and staff will require a non-medical face mask if in person.

Last Update: November 1, 2020