



Shawnigan Lake Community Centre

Stretch and Strength

Guidelines during COVID-19

In order to provide the highest level of care and safety, CVRD will follow guidelines set out by WorkSafe BC, Public Health, and BCRPA. We ask that you strictly adhere to the guidelines and directions provided to you.

Prior to attending your session you must follow through with the following steps.

- ☐ Assess your personal risk to ensure that attending a public recreation program is in your best interest. You may seek to ask your health care provider what is right for you.
- ☐ Review the provided guidelines for your program or activity (below).
- ☐ Register for your program and submit the COVID-19 Assumption of Risk and Permission Form.
- ☐ Prior to the start of each session screen yourself to ensure that your attendance to the facility is appropriate.

Screening Questions:

Is/has the participant or anyone in your family:

1. Showing signs or symptoms of respiratory infection, such as cough, shortness of breath, or sore throat?
2. Experiencing a fever with a temperature of 38C or higher, or taken any fever reducing medications in the last 12 hours?
3. Experiencing any flu-like symptoms including diarrhea in the last 24 hours?
4. Travelled outside of Canada in the last 14 days?
5. Been in contact with anyone who has displayed symptoms of COVID-19 in the last 14 days?

Entry will be denied, if any member of the household is experiencing any of the above, please discuss any concerns with programs staff or your instructor.

Shawnigan Lake Community Centre Arrival/Departure:

- **Masks are mandatory in all common areas within our facilities, including when you are entering and exiting the facility and using the washroom.**
- Enter through the main front doors, sanitize or wash your hands and proceed directly to the Gym or Lounge room.
- Following your class, sanitize or proceed to the washroom and wash your hands, exit the building via the loading zone doors beside the Multipurpose Room or the far rear gym door.
- When program takes place on Elsie Miles Field in the Pavilion, enter and exit Elsie Miles Field through the walkway from SLCC parking lot and proceed directly to the Pavilion. Please sanitize your hands when you arrive and before you leave.
- When class is in the Pavilion, the fitness equipment will be moved to the Pavilion prior to class, participants have the option to sign out the equipment they use and take it with them after each class. After class equipment to be placed in "To Be Sanitized" bins after class for programmer to take back to centre to sanitize.
- While signing in participants, instructor will confirm verbal screening questions.

Program Guidelines:

- **Masks are mandatory in all common areas within our facilities, including when you are entering and exiting the facility and using the washroom.**
- **Participants are required to wear masks during physical activity.**
- Arrive only a few minutes prior to your session.
- Only program participants may enter the Gym, Lounge or Pavilion.
- Follow all posted directional and instructional signage.
- It is expected that instructors and participants will only access parts of the building required for their permitted activities and will do so via the access points described (unless obstructed).
- Respect posted program and facility capacities.
- Physical distance of 2.5 meters between each participant in all directions, must be maintained while exercising.
- Minimize the items and surfaces that you must touch.
- Practice appropriate respiratory and hand washing hygiene.
- Limit the number of personal items that you bring with you. Items may be stored along the edge of the floor of the space or near you.
- Defer to instructor on cleaning protocols of equipment and shared equipment policy.