

## Health and Safety Regulations

1 - If you have any of these COVID-19 symptoms please stay home and stay safe.

• Fever • New onset of cough • Worsening chronic cough • Shortness of breath • Difficulty breathing • Sore throat • Difficulty swallowing • Decrease of loss of sense of taste or smell • Chills • Headaches • Unexplained fatigue/malaise/muscle aches (myalgias) • Nausea/vomiting, diarrhea, abdominal pain • Pink eye (conjunctivitis) • Runny nose or nasal congestion without other known cause

2 - Did you travel outside of Canada in the past 14 days?

3 - Have you tested positive for COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE?

*If you are well, answered "no" to question 2 and 3, and want to get back to your workouts, here are the new regulations we are putting in place for group fitness classes:*

1. For your safety, please arrive 5 to 10 minutes before class. This is absolutely necessary for two reasons. Firstly, to ensure proper distancing and our clients' safety, we can no longer accommodate early or late arrivals. Secondly, only members of the same household may travel up the stairs at the same time.
2. Please, arrive in your workout clothes - unfortunately, at this point, change rooms cannot be used. **Just a side note: washrooms are allowed.**
3. Please bring your own water, as communal water coolers cannot be used. We will have bottles for sale.
4. Gym/Lifting/Workout gloves are recommended, but optional.
5. We have yoga mats; however, feel free to bring yours.
6. All classes and personal training will be done with 6 1/2 to 9 feet of social distancing.
7. Classes will have lane-ways to ensure social distancing.
8. **Wear a mask coming into the building, up the stairs, and all the way to your designated F.I.T. station.**
9. Be aware of who else is coming in. Again, only members of the same household may travel up and down the stairs at the same time to allow for proper distancing.
10. Keep your mask on right till class time. The reason for this is that even though our stations are set apart minimum 7 feet, you might need to pass by someone to get to the station, or someone might need to pass by you to arrive at their station. So please keep your mask on until everyone is at their assigned stations and class is about to start. Your fitness instructor will advise you when it is safe to remove the mask.
11. When class is over, sanitize your hands, then put on your mask.
12. Leave all ETF equipment, mats, and towels at your station. We will take care of all cleaning and sanitizing.
13. Your fitness instructor will instruct you one by one to leave, again ensuring maximum safety.
14. In order to avoid droplets, fans will not be running.
15. We require minimum 12h notice for class sign ups and 24h for cancellations.