



STUDIO FITRx COVID-19 MITIGATION PLAN

We at Studio FITRx are committed to the health & safety of our staff, clients and community. To safely resume our services, we have created a COVID -19 mitigation plan as per the directions of Fraser Health. We are focussed on the following areas:

1. Health Screening & declaration
2. Increased Sanitation Practices
3. Controlled Access and limitations on capacity
4. Limiting Contact

HEALTH SCREENING/DECLARATION

All clients & staff must complete a health declaration. Signage will be posted on the front door and throughout the facility. Staff will also verbally ask all patrons the following questions before class:

- Do you have any of the following symptoms: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Are you, or anyone you are living with, either sick, self-isolating, or quarantined?
- **Anyone answering YES to the above questions or displaying symptoms of COVID-19 will not be permitted to enter the facility.**

INCREASED SANITATION PRACTICES

- Patrons will be asked to sanitize their hands immediately upon entry
- Handwashing & sanitizing stations will be provided throughout the studio
- All equipment will be thoroughly cleaned and sanitized before/after every workout with disposable wipes and/or recognized cleaning products
- All hard surfaces will be cleaned and disinfected multiple times daily
- Disinfecting disposable wipes will be provided to all clients to wipe their personal items
- Disinfectant spray and disposable towels will be available for patrons to clean equipment
- Detailed hand washing posters will be hung in all restrooms
- Patrons will be asked to bring their own clip in shoes whenever possible.
- Rental shoes will be thoroughly sanitized and dried prior to next use

CONTROL ACCESS & LIMIT CAPACITY

- The number of patrons allowed into the workout space has been limited for client safety
- Spin bikes have been moved to the workout floor to increase space to 2m
- Childminding will be closed until further notice
- At least 1 staff will be on hand at all times to direct patrons safely

- Class booking restrictions will be set in accordance with social distancing guidelines
- Posters will be mounted to outline entry/exit procedures
- Increased timing between classes to allow adequate time for cleaning/sanitation
- Doors will be unlocked 10 mins before class to allow time for previous classes to exit safely
- Patrons will be asked to keep to the right upon entry/exit
- Maintaining physical distancing between patrons is necessary at all times
- No more than 3 patrons will be allowed in the “cubby area” at any given time
- Patrons will be asked to leave all non-essential items at home/in car
- Social distancing reminders will be posted throughout the facility
- Workout area will be clearly marked to ensure safe social distancing
- No more than 3 patrons will be permitted in the retail area at one time
- Classes will be dismissed in groups to prevent congregating in common areas

LIMITING CONTACT

- Bikes are spaced a minimum of 6 feet apart in the main workout area
- Studio patrons will have clearly marked “sweat spot” floor markers will be placed a minimum of 2 metres from any other patron
- Contactless forms of payment available
- Contactless check in is available via client APP
- No returns of retail store items
- No towel service
- Water refilling station is no longer permitted for public use. Please bring water
- Kombucha on tap will only be available with the purchase of a NEW growler (no refills)
- Coffee, Tea or other beverages are available for purchase but must be served by staff
- No refillable cups permitted

SAFETY SIGNAGE

- Signage throughout the facility will inform clients of new social distancing parameters, safety precautions and any limitations in place.

If you have any questions regarding our safety plan please don't hesitate to ask. We are committed to providing opportunities for our members to continue sweating safely with us.

~STUDIO FITRx SQUAD