



COVID-19 Guidance for Gyms and Fitness Centres
Appendix 1: Risk Mitigation Plan

NOTE: Refer to COVID-19 Guidance for Gyms and Fitness Centres in Island Health's Region

Facility Name:					
Facility Address:					
Date Submitted:					
Control Access	<input type="checkbox"/> Staff (gym monitors) to be present throughout all opening hours <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe gym monitor duties</div> <input type="checkbox"/> Other methods of control <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe if applicable</div>				
Use Appropriate Disinfectant	<input type="checkbox"/> Chlorine solution (mix 1 part bleach to 100 parts water) <input type="checkbox"/> Other as per VIHA Environmental Cleaning document) <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Specify product(s) and concentrations used</div> <p>(*See attached for mixing instructions and further information)</p>				
Increase facility sanitation	<p>Equipment/other high touch surfaces to be regularly sanitized by staff:</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;">Describe frequency of disinfection per day and areas to be covered</div>				
Encourage Hand Hygiene	<p>Hand sanitizer available: <div style="border: 1px solid black; padding: 2px 10px; display: inline-block;">Provide number and describe placement.</div></p> <p>Hand washing stations (warm running water, liquid soap, paper towel) available: <div style="border: 1px solid black; padding: 2px 10px; display: inline-block;">Provide number and describe placement.</div></p>				
Limit occupancy (physical distancing)	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; border-bottom: 1px solid black;">Minimum number of staff:</td> <td style="width: 50%; border-bottom: 1px solid black;">Maximum number of clients:</td> </tr> <tr> <td style="border: 1px solid black; height: 30px;"></td> <td style="border: 1px solid black; height: 30px;"></td> </tr> </table>	Minimum number of staff:	Maximum number of clients:		
Minimum number of staff:	Maximum number of clients:				
Post Signage	<input type="checkbox"/> Do Not Visit if Unwell: <div style="border: 1px solid black; padding: 2px 10px; display: inline-block;">Provide number and describe placement.</div> <input type="checkbox"/> Physical Distancing: <div style="border: 1px solid black; padding: 2px 10px; display: inline-block;">Provide number and describe placement.</div> <input type="checkbox"/> Hand Hygiene Poster: <div style="border: 1px solid black; padding: 2px 10px; display: inline-block;">Provide number and describe placement.</div>				

Appendix 1: Risk Mitigation Plan

(Continued...) Facility Name:	
Manage Patrons	<input type="checkbox"/> Patrons are asked health-screening question by staff. <input type="checkbox"/> Disinfectant wipes or spray/paper towel provided for patron use <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Provide number and describe placement.</div> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">List products used, if different from those specified above</div> <input type="checkbox"/> Contactless payment encouraged <input type="checkbox"/> Encourage physical distancing and discourage congregating. <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Describe measures taken</div> <input type="checkbox"/> Group classes discontinued or conducted only with physical distancing: <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">Describe class offerings</div> <input type="checkbox"/> Discontinue or limit locker room use. <div style="border: 1px solid black; padding: 2px;">Describe class offerings</div>
Limit Food/Beverages	<input type="checkbox"/> Close drinking fountains (water bottle filling stations are acceptable if sanitized as appropriate). <input type="checkbox"/> No food or drink sold
Manage Customer Entry Points	<input type="checkbox"/> Place tape/cones every 2 m for appropriate spacing in queues. <input type="checkbox"/> Alternate measures: <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">Describe</div>
Staff Health	<input type="checkbox"/> Update staffing guidelines to preclude working while sick <input type="checkbox"/> Staff indicate wellness upon sign in/arrival to work
Other Services	<input type="checkbox"/> Saunas, steam rooms, and group sport areas to remain closed.