



# COVID-19 OPERATIONAL CHANGES

Operating in a COVID-19 environment requires several operational and procedural changes to how we conduct business. Although these changes are temporary, they are necessary to ensure safe, efficient, and fair operations with social distancing and operational restrictions in place. These policies have been implemented in order to ensure the majority of clients can get access to the service the love at a standard they expect. Please work with us to ensure these policies and procedures are followed to that we can support you in getting back into the fitness environment you love! If you have any questions, please let us know. We are all in this together and our goal is to do the best by the group as a whole!

## 1. CLASS REGISTRATION & CANCELLATION

### 1.1 REGISTRATION

- a. We are required to reduce Class registration caps to ensure social distancing and class control. You cannot attend the facility if you are not registered for class in the hopes of getting in. The waitlist will close 1 hour before class.
- b. Classes in pike13 will be denoted with a (C19) moniker to indicate they are a restricted class or service offered in person at Ironstone. They will be marked "Virtual" to indicate coached-from-home classes and "Outdoors" for outdoor classes if/when they are permitted.
- c. All attendance requires class/service registration. There will be no open-access (i.e. show-up and train).
- d. You will be limited to one fitness-service registration per day.
- e. You will be limited to a maximum of 5 fitness services per week.

### 1.2 CANCELLATION POLICY, LATE ARRIVAL & NO SHOWS

- a. Class registrations must be cancelled 90 minutes before class to avoid penalty.
- b. If you late cancel or no show a fee of \$15 may be charged or a visit will be deducted from your punch pass as if you attended the class.
- c. Late arrival will be counted as a no show. You will not be able to access class after it has started.

### 1.3 WAIVERS & AGREEMENTS

- a. You will need to complete Waiver 2.0 in your pike account before attending your first class. Our gym waiver has been updated to include a section on communicable illness; and
- b. We have added a second document to your pike account under "documents" tab in your account which is titled "COVID Agreement." Please read and sign this document in addition to the waiver before attending your first class.

## 2. CLASS SCHEDULING & OFFERINGS

### 2.1 SCHEDULING

- a. Classes will be scheduled at least 30 minutes apart to ensure adequate time for transition and cleaning. This time will vary as long as 45 minutes depending on number of available staff.
- b. Prime-time class spaces will be coveted once people return to work. We ask that you try to attend off-peak classes if they work with your personal schedule to reduce prime-time demand.



- c. You will not be able to enter the facility early or stay late following class.

## 2.2 OFFERINGS

- a. We will be offering the following class services that align with our programs:
  - i. Balance (45 mins) – Interval based strength & conditioning workouts designed for all fitness levels using less technical movements. Balance workouts are now available on BTWB under the Balance programming track;
  - ii. Ironstone Strength (75 mins) – A strength-based program using compound movements. This will follow the Ironstone Strength programming track on BTWB;
  - iii. CrossFit (60 mins) – a mixed modal strength & conditioning workout which follows our CrossFit programming track on BTWB.
  - iv. Weightlifting (90 mins) – Weightlifting specific training sessions focused on competitive weightlifting. You must be a member of the Barbell club to attend this session;
  - v. Open Gym (90 mins) – Open enrollment to do whatever workout you like in your assigned space. Spaces and equipment assigned on a first come / first serve basis. This workout will be supervised but is not coached.
- b. The following classes will be shifted to a virtual-only environment:
  - i. Community (60 mins) – a fun & challenging mix of bodyweight and equipment work. A great at-home sweat.
  - ii. Mobility (60 mins) – Active release, tissue work, and freeing restrictions. Improve your quality of movement!
- c. The following services will adopt a guided video-on-demand, livestream, or programming-with-primer format:
  - i. #roaddoglife – A fitness track designed around working out from home or on the road with those items normally available in a hotel gym.
  - ii. Yoga – A guided practice to help you loosen up, relax or find stability in simple movements. Various lengths & focuses based on what you need. For now, available in your YouTube channel.

## 3.1 FACILITY ACCESS PROCEDURES

### 3.1 ARRIVAL

- a. Arrive in your workout attire ready for class;
- b. Upon arrival, line up outside while maintaining social distancing using the provided lines;
- c. The door will be unlocked and propped open;
- d. Each participant will be checked in at the door and screened using simple questions and a touchless thermometer by the coach on staff. If you do not pass screening you will be refused entry into class;
- e. A hand sanitizing station will be available at the door. You must be observed sanitizing your hands;
- f. You may stop to hang a jacket or bag; and
- g. You will be assigned a lane / box in the gym. Once assigned you must proceed to your lane/box and stay in that space unless specifically directed or unless accessing the washroom. Do not touch other equipment, proceed to your own area to warm-up, or travel elsewhere in the gym.

### 3.2 CONDUCT DURING CLASS



- a. During class, stay only in your assigned lane or, when asked, proceed only to an assigned piece of stationary equipment.
- b. If you require additional equipment, the staff member will get it for you.
- c. Do not high five, hug, or touch any other member of class – even those whom you have bubbled with. With such a diverse membership it will not be possible for coaches to track and/or police who is and is not permitted physical contact. We will apply a standard of no-contact to everyone.
- d. Upon the completion of class, you will need to clean & sanitize your equipment with the provided cleaning products. Once this is done leave your cleaning bottle in the assigned zone by the railing & dispose of your cleaning cloth in the provided bin. The staff member will sanitize your spray bottle before the next class and put it back in the assigned quadrant.

### 3.3 WASHROOM USE

- a. Following the arrows, proceed to the bathroom/hallway entrance;
- b. Sanitize your hands;
- c. Observe in the wall mirror or by looking slowly around the corner for oncoming traffic or people waiting to use the washroom.
- d. If the hall is empty proceed to the bathroom doors. If a door is open, use that washroom.
- e. If all bathrooms are occupied proceed to the waiting area past the washrooms identified with the blue sticker on the floor and wait for a washroom to become available;
- f. If there is already someone in the waiting areas, proceed past the fountain to the secondary waiting area;
- g. If there is already someone in the secondary waiting area do not enter the hallway;
- h. When you have finished in the washroom, wash your hands and dispose of the paper towel in the waste basket; and
- i. While maintaining social distancing return to your assigned workout space.

### 3.4 DEPARTURE

- a. After class is over and cleaning is complete, exit the facility following the arrows.
- b. Stop only to collect your jacket and bag; and
- c. If desired, sanitize your hands upon departure. This will not be mandatory.

## 4. GENERAL HEALTH AND HYGIENE CHANGES

### 4.1 TEMPORARY CHANGES & RESTRICTIONS

- a. Until otherwise noted, you will not be able to bring your dog to the gym during class.
- b. Until otherwise noted, your children or another family member will not be able to accompany you to the gym and wait for you during class in the facility.
- c. There will be no use of "shared" chalk. We will sell chalk in individual bricks, which you will need to bring to the gym with you for class and take with you after you leave.
- d. The cubby room is off-limits until further notice. We will arrange cubby clear out times for item pick-up. In the initial phases of opening you will have to bring your equipment to/from the gym with you.
- e. During class times the doors to the gym will be locked. There will be no access except for designated transition times. If you are late for class you may not be permitted entry.
- f. Until otherwise noted, showers will not be permitted and the changerooms will be off-limits.



- g. The spout on the water fountain is out of service. The touchless bottle filler is still in operation but you must bring your own bottle and put it down only in your workout square.
- h. We will use contactless payment wherever possible. We will not be accepting cash. The preferred method of payment will be credit card on file (your account) to avoid use of pin pads and terminals.
- i. Retail will still be available, but we will limit the "handling" or items as much as possible.
- j. No food will be consumed in the gym area, including class spaces or benches. Water bottles are permitted but must be kept in your designated workout zone. Please do not bring coffee, protein shakes, smoothies, or other liquid-foods into the gym.

#### 4.2 PRECAUTIONARY RESTRICTIONS FOR COVID CONTROL

- a. Any individual who has traveled out of province will not be able to attend the gym for a period of 14 days following return.
- b. Any individual who has been knowingly exposed (i.e. close contact with) someone who is COVID-19 positive without PPE will be restricted from attending the gym for a period of 14 days.
- c. There will be no "drop-in" visitors from out of town unless they meet the 14-day restriction.
- d. All participants attending the facility will need to be screened prior to entry.

#### 4.3 SCREENING PROTOCOLS

- a. You will be asked to confirm that you do not have any of the following symptoms before you enter the gym. These will be sent out at the time of class registration and asked again at the door:
  - i. Have you tested positive for COVID-19 that you have not fully recovered from?
  - ii. Are you experiencing any of the following symptoms? \*(Not related to a previously documented health concern such as seasonal allergies or a medical diagnosis)
    - A. fever (i.e. chills, sweats)
    - B. cough or worsening of a previous cough
    - C. sore throat
    - D. headache
    - E. shortness of breath\*
    - F. muscle aches
    - G. sneezing\*
    - H. nasal congestion/runny nose\*
    - I. hoarse voice
    - J. diarrhea
    - K. unusual fatigue
    - L. loss of sense of smell or taste
    - M. red, purple or blueish lesions on the feet, toes, or fingers without clear cause
  - iii. Have you traveled outside of Nova Scotia within the last 14 days?
  - iv. Have you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19 (e.g. individuals exposed without appropriate PPE in use)?
- b. The staff member will take your temperature using a touchless thermometer. If your temperature is over 100.4 F you will not be permitted entry as you are considered to have a fever.

#### 4.4 HANDWASHING, PPE & MASKS



- a. Staff members will not be required to wear masks so long as they can maintain 2m physical distancing. They may choose to wear masks if so desired.
- b. Staff members engaging in personal training where 2m physical distancing cannot be maintained (e.g. spotting, skill work) will wear a mask.
- c. Clients are not required to wear masks. They may choose to wear a mask to their workout area and remove it for the class if so desired.
- d. Gloves will not be worn for routine coaching and cleaning duties. The evidence is consistent that hand washing is the preferred method when no physical person-to-person contact is required.
- e. Staff members will wear a fresh uniform daily.
- f. Staff members will clean their hands:
  - i. Upon arrival.
  - ii. Before each class.
  - iii. After eating/breaks.
  - iv. After physical contact with a client if required for safety or care.
  - v. After cleaning the facility including before lock-up.

#### 4.6 ADDITIONAL FACILITY CLEANING PROTOCOLS

- a. Before and between classes the staff will wipe down all high-contact surfaces (e.g. railing, doorknobs, benches, etc);
- b. The gym floor will be scrubbed daily (rather than every third day as was standard pre-COVID);
- c. Staff will FOG any shared equipment surfaces between classes where that equipment is in use (i.e. Rig) and the floors between classes with ground-based activity (e.g. burpees, push-ups, Turkish get-ups). The Fogger is an aerosolized disinfectant spray gun;
- d. Clients will be required to clean all equipment used in each class with the microfiber cloth and spray bottle provided. The cloths will be single use and laundered. The spray bottles will be placed in one area after class and fogged by the staff.

#### 5.0 EXPECTATIONS, UPDATES, & CHANGES

We reserve the right to make changes as required to this operational policy. This is all new to us, and policies we have implemented above may not work as anticipated once we actually start hosting classes. For major adjustments or changes we will issue a new version of this policy.