

Please review the new guidelines and policies that have been put in place in accordance with the Alberta Government Phase 2 relaunch requirements.

## Gym Hours

- Gym hours have been reduced to ensure a designated staff member is present to ensure public health guidelines are followed and to ensure increased cleaning standards are met. Select gym times will be available for booking during the hours below:  
Monday/Wednesday/Friday: 7 am - 2:30 pm  
Tuesday/Thursday: 10:30 am – 6 pm  
Saturday/Sunday/Holidays: CLOSED
- These hours are subject to change. The Fitness Centre may shutdown at any given time/day as required without advance notice. Any closures will be posted on the member booking portal as early as possible.

## Access by Reservation Only

- Club Capacity will be limited to 8 users (4 female/4 male) per workout time to ensure users are able to maintain a minimum of 2 meters physical distance.
- Members can reserve 1 of 6 time slots/day either through the online member portal or app. Follow this link for the member portal login information and how to book:  
[Booking Instructions.](#)
- Members who reserve a spot will be allowed to access the gym at their booked start time.
- Members who have not reserved a spot will have to check in at front desk with staff to book a spot if available.
- Workout slots have been set for 60 minutes. Spots can be booked one week in advance.
- It is recommended members come prepared dressed in workout cloths to limit need to enter changerooms. Please ensure not to arrive before your reserved time and to leave no longer than 1 hour after.
- Please utilize your respective company washrooms or parkade changerooms if you only require washroom or shower use.
- Runners must also reserve a time spot, if plan to enter gym to change or stretch.

## Liability Waiver & Card Access

- All users will be required to sign the attached QuadReal liability waiver form prior to entering the facility. Please email completed forms to QuadReal Access Control:  
[accesscontrol.calgary@quadreal.com](mailto:accesscontrol.calgary@quadreal.com)
- Card access will only be re-granted once access control receives signed liability waiver.

## Physical Distancing

- Staff and Members are always required to maintain a minimum physical distance of 2 meters and 3 meters during high intensity exercise.
- Cardio machines have been blocked off to adhere to 3 meters spacing.
- Strength machines and benches have been adjusted to maintain 2 meters distance. Please do not move benches from set position.
- Members are highly encouraged to stay within one area/zone during your workout to limit contact. Please adhere to area capacity limitations put in place. Plan workouts accordingly and avoid supersets using equipment spaced more than 2 meters apart.

## **Cleaning, Sanitation, Hygiene Practices**

- Wipe twice policy is required for all touch points. All members must use provided sanitation wipes to disinfect equipment before and after usage, then dispose wipes in bins provided.
- Avoid any unnecessary touching of equipment or surfaces you are not using.
- There will be closed gym times throughout the day to allow building cleaning personnel to sanitize high touch areas.
- Staff will also be implementing improved cleaning practices on a regular basis, as well as ensuring members are following sanitation procedures.
- Members must always wear indoor shoes on gym floor.
- Cough or sneeze into arm. Wash hands directly after.
- Wash hands often with soap and water for 20 seconds.
- Hand sanitizer is provided at front doors of facility and within changerooms.
- Failure to adhere to the gym policies and cleaning practices will result in immediate revoked gym access.

## **Club Amenities**

- Many pieces of equipment that are more likely to absorb germs have been removed.
- Showers will continue to be available. Shampoo, bodywash, conditioner have been removed to decrease touch points.
- Large shower towels will be available.
- Small individual towels have been removed. Please use provided sanitization wipes to clean equipment.
- Water bottle fill stations remain available, but the touch button fountains have been disabled. Please bring your own water bottle to fill.
- Weight Scales, hair dryers, curling irons, straighteners, clothing irons and steamers have all been removed.
- Coat hangers are removed.

## **Lockers**

- Only 4 lockers in each changeroom will be available to space out users. All remaining lockers have been locked off.
- 4 users will be allowed at one time in changeroom.

- Magnets will be provided at the entrance door (or users are welcome to bring their own magnets) and are to be used to visually indicate how many people are currently inside the changeroom. Please ensure you follow the instructions posted at the entrance door to increase health and safety as well as efficiency for all users.

## **Group Fitness**

- Group fitness classes will remain on pause. When it is safe to do so they will be reintroduced. On-demand virtual fitness classes are available on the member portal/app.

## **Personal Training**

- Personal Training will be available with new measures to ensure physical distancing that protects clients and their trainers.