



Strathmore Motor Products Sports Centre COVID Protocols

'Step 2' restriction changes include:

- Indoor fitness expanded to include low-intensity activities
 - The Sobeys Indoor Walking Track will be open (effective Monday, March 8th) for walking only. See details outlined under "Track Protocols" below.

The following (highlighted) activities are permitted with the respective protocols in place:

- **Children and youth activity groups** (including: lessons, practices, and physical conditioning)
 - Participants must be 18 years old, or younger (excluding coaches/trainers)
 - Max capacity of 10 individuals (including coaches/trainers).
 - Coaches/Trainers must be professional, certified and/or paid trainers who are providing **active** instruction. Passive supervision is not considered training/coaching.
 - Games are still not permitted.
 - Physical distancing must be maintained between participants at all times.
 - 3 metres for indoor activity
 - Coaches/trainers may enter physical distancing space for brief interactions with participants (e.g. to correct form).
 - Participants must be masked in all areas of the facility, except when engaging in physical activity.
 - Coaches/trainers must remain masked at all times.
 - No access to change rooms. Please arrive and leave in your workout attire, if possible. If not, single-stall washrooms will be available if changing is necessary.
 - Spectators are not permitted. This includes parents, grandparents, guardians, etc. We will allow for a "chaperone" to be present for youth safety purposes. This is one (1) chaperone for the group and they must not be involved in the training session and must be distanced at least 3 metres away from the training group.
- **School groups** (for physical education use)
 - Including Homeschool participants (2-3 families in an established cohort can book a private rental, or 1 family if no cohort is established).
- **Individual and group fitness activities**
 - All indoor fitness must be scheduled or by appointment – no drop-in activities are allowed.
 - Low intensity individual and group exercises are now allowed without a trainer.
 - Low intensity fitness includes activities not focused specifically on cardio, that have a low depth and rate of respiration.
 - Examples include: barre, pilates, stretching, tai-chi, low intensity yoga (e.g. hatha, yin), light weightlifting, indoor rock climbing.
 - High intensity activities are permitted for one-on-one or one-on-one household training only, with a trainer.
 - High intensity fitness is often focused on cardiovascular activities that have a high depth and rate of respiration.
 - Examples include: bodybuilding/heavy weightlifting, aerobics, rowing, Zumba, bootcamp, circuit training, cross fit, dance fitness, high intensity interval training, kickboxing, spin, power yoga, swimming etc.

- Gym, studio, and fitness centre operators should use their best judgement in identifying what category their group exercise classes fall into based on these examples.

Safety requirements:

- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between pairs of trainers and clients (aka sessions) in the same facility.
- **Trainers must be professional, certified and/or paid trainers** who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Trainers must remain masked during the session. Clients are not required to wear a mask while doing high intensity exercise.
- Regardless of the type or intensity of exercise, trainers and clients must be separated by 3 metres at all times.
- More than one trainer and client 'pair' are allowed into the facility, studio, rink, court, pool, ice surface, etc. with restrictions:
 - Each trainer and client pair must stay 3 metres away from all other trainers and clients at all times, including in entryways and exits.
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer.
 - No interaction between clients or between trainers is allowed.
 - No 'cycling through' multiple trainers as in circuit training.

Track Protocols:

- You must self screen for COVID-19 symptoms before attending the facility. Do not come to your registered time if you have any symptoms of COVID-19.
- Open for walking only – no running/jogging.
- Offered by appointment only (up to 1-hour sessions). Must book by calling the Strathmore Motor Products Sports Centre at (403) 361-2121, or reserve online at <https://strathmore.perfectmind.com>
- All patrons are required to wear a mask at all times (even those with exemptions).
- Patrons must remain 3 metres apart from all other users and must not interact with each other.
 - Passing is permitted when safe to do so, ensuring a 3-metre distance.
- Limited lane usage (see diagram below).
- Clockwise traffic flow is in effect, follow all signs and markings.
- Lost and found items will be disposed of at the end of each day, take care to ensure you have all your personal items when you leave the facility.
- Water fountains will not be available.

