



XCONDITIONING
FIND YOUR STRENGTH

**COVID-19 MANAGEMENT
AND
SAFETY STRATEGY**

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At Xconditioning, the safety of our clients and staff is always at the forefront. This COVID-19 Management and Safety Strategy has been developed using the BC Government's Restart Plan, BC COVID-19 Go-Forward Management Strategy, as well as the COVID-19 Guidance for Gyms and Fitness Centres in Northern Health's Region. All Provincial Health Orders will be added to this strategy as they are laid out by the Provincial Health Officer. We are dedicated to providing safe and effective services for our clients as we transition out of the COVID-19 Pandemic, and have made several changes to meet the needs of everyone coming through our doors.

CHANGES TO OUR CURRENT SERVICES:

1. As of November 19, 2020, masks will be mandatory for all clients and patrons within our Facility. Masks must be worn while in the facility, but may be removed temporarily to drink fluids and/or eat.
2. As of November 19, 2020, all Group Fitness services are cancelled until further notice. We will, however, provide a daily workout that clients are permitted to complete on their own time. HIIT workouts are currently not permitted, so the workouts will be programmed to meet provincial mandates.
3. As of May 20, 2020 - Expansion of Hours – we are expanding our daytime hours to include our regularly closed hours of 1-3pm. The expansion changes our daily hours to run from 6am to 9pm Monday to Friday, 8:30-11:30am on Saturdays, and 10am-2pm on Sundays. This expansion is to provide more time for our clients to come in and use our facility, spreading our clients out over the course of the day and reducing contacts and transmission.
4. Increased Cleaning – all clients are responsible for cleaning all equipment used during a workout. We will provide cleaning stations throughout the facility to ensure ease of access for clients.
5. Decreased Socializing and Congregating – we have a very social and interactive fitness community, but we need to be mindful of group sizes, so during this time we ask that members are focused on their workout and are not hanging out for long periods of time before or after their workouts, as this can impact others trying to access the facility.

CHANGES TO OUR IN-FACILITY STANDARDS

1. Zero-Tolerance for Ill Clients or Staff – we will not be allowing any clients to attend if they are showing any symptoms of a cold, flu, or related to COVID-19 including a cough, sneezing, runny nose, sore throat, or fatigue until those symptoms have completely disappeared. We will be offering clients a membership-hold during times of illness, reinstating their membership when they are feeling better. Staff will not be permitted to work under the same guidelines.

2. Client Sign-Ups – we will be requiring all clients attending to sign up in advance via our online sign-up at wellnessliving.com. This will ensure crowd sizes can be controlled and social distancing measures maintained.
3. Client Hygiene – Clients will have access to approved hand sanitizer and there will be stations setup throughout the facility. Clients will be asked to sanitize their hands upon arriving to the facility, as well as clean their equipment as they use it. Sanitizing solution will be provided throughout the facility for wiping down equipment.
4. Client Interactions – it is not uncommon for members to congratulate each other at the end of a hard workout with high fives and person-person contact. We ask that during this time these actions are not practiced, and that minimal client-client physical contact is the focus.
5. Changeroom Facilities – we encourage clients to change at home if possible, and will not be allowing bags and/or clothing to be left in the changerooms. 1 person will be permitted in each changeroom at each time, and the client will wipe the changeroom down after using.
6. Shower Facilities – we encourage clients to shower at home if possible, but clients that do choose to use the showers must spray and sanitize the shower after each use.
7. Water Station – we encourage everyone to bring their own water from home, as the water station will only be available in a limited capacity, and will require sanitizing after each use.
8. Client Programming – our coaches will provide our clients programming that maintains social distancing measures, as well as minimizes transfer of equipment between clients. All equipment must be wiped down by the client using it before moving on to other equipment. This is to reduce contact intensity, as well as the total number of contacts during a client's workout.
9. All high-touch high-contact areas will be wiped down by staff several times per day including door handles, countertops, washroom, etc. This is on top of the current cleaning schedule for the facility.

CLIENT CARE AND COMMUNITY EXPECTATIONS

We are all in this together, and need to work with one another to ensure social distancing is adhered to, that we are not coming to the gym ill, and that we focus on excellent cleanliness and hygiene. We will have signage posted with details pertaining to safety guidelines. We ask that if you are over 60, suffer from a compromised immune system or chronic medical conditions to contact us regarding your personal safety and we can arrange the safest time possible for you to come in.

We are committed to all of you to provide a safe, clean environment in this world of "new-normals". As this is a dynamic situation, this strategy will evolve as

restrictions change – we will keep our members informed of changes as they occur.