

Brock Niagra Centre for Health and Well-Being COVID-19 safety plan

The Brock Niagara Centre for Health and Well-Being safety plan and protocols outlined below were prepared for the Centre staff and members to follow when entering phase 3 of the provincial and university Covid-19 response framework. We will continue to monitor guidelines within phase 3 and adjust accordingly in compliance with public health guidelines. Regardless of stage of recovery, physical distancing, hand washing, and safety protocols will remain in place. In the case of another lockdown, the Centre would be closed for in-person exercise activity.

Brock also has an [overarching safety plan](#) for the Centre to have as a resource for employee or general related mitigation information when it comes to the University's protocols and plans during the Covid-19 pandemic.

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1. How will you ensure all workers know how and are able to keep themselves safe from exposure to COVID-19?

Actions:

- All employees have reviewed the various resource information and completed the Covid-19 training provided on the [COVID-19 tab](#) on the HSW Toolbox.
- All staff **and** students **are aware of the PPE requirements as outlined in the bulletin [COVID-19 Use of Medical/Non-medical Masks & Physical Distancing](#). Staff and students will wear medical grade masks and eye protection (goggles/face shield) at all times.**
- All staff, students, members and visitors to the Centre must be fully vaccinated with a Health Canada approved vaccine and prepared to show proof of vaccination.
- All members will be required to wear medical grade masks whenever possible (with the following exceptions: during exercise or for medical reasons).
- Constant communication with members to keep them updated with protocols and procedures based on provincial and regional guidelines.
- Hand sanitizing dispensers will be at all entrances and throughout the Centre for use before, during, and after exercise sessions.
- Each member will have their own spray bottle with certified cleaning solution and towel to be used before and after use of all equipment during exercise.
- Staff will clean all areas and surfaces used between exercise sessions.
- Frequently touched surfaces will be cleaned with hospital grade disinfectant (e.g., entrances, washroom, handles, etc.).
- There will be dedicated cleaning time after each workout session. This time will be used to prepare the Centre for the next workout session.
- Stickers with arrows are marked on the floor to help with flow.

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- Stickers are placed throughout the Centre to remind members of Covid-19 protocols (ie. cleaning of equipment and maintain 3-meter distance).
- Members must bring their own water for their workouts. Drinking fountain spouts have been removed and only bottle filling stations are available.
- Showers will not be available at this time.
- The washrooms will be available but limited to one person at a time.
- Fans will remain off at this time to prevent any unnecessary air movement.
- Members must maintain a 3-metre distance with each other. Certain machines will be marked out of order to maintain social distancing guidelines. All machines have a 3-metre distance between them.
- Upon completion of exercise sessions members must leave the Centre immediately. This will allow staff to complete the required cleaning procedures and prevent any group gathering.
- A protective barrier has been installed at the payment desk to protect both staff and members. Payment machine and surfaces touched will be cleaned after each use.
- All members are required to successfully pass the screening protocol before receiving access to the facility.
- If members are feeling ill, may have been in contact with someone who has had Covid-19 or is waiting for test results, re-entry to the Centre would be on advice of public health.
- When notified of a positive Covid-19 case, an additional cleaning will be required before re-opening. Brock will take any direction as provided by public health. Further information on reporting for employee's can be found in the university's overarching safety plan as referenced above. Brock has a comprehensive approach to assist public health with contact tracing in the event of a positive case of Covid-19 on campus. Brock will be supporting public health by contacting staff, students and members on behalf of public health that have been identified as a close contact to a positive case. All information that is collected will be shared through a secure method.

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2. How will you screen for COVID-19?

Every person coming into the Centre will need to be fully vaccinated and prepared to show proof of a Health Canada approved vaccine. Every member and visitor will go through COVID-19 screening each day. A self-screen survey can also be completed prior to entering through the Brock safety app but will still need to be provided before entering.

Actions:

- There is one entry in and out of the building.
- A screening station will be located at the main entrance.
- All records are kept in accordance with any requirements of Brock's legal/privacy office.
- Members will be asked a series of COVID-19 screening questions (the same questions that are asked when filling out the COVID-19 self-screen on the Brock Safety app and up to date from Brock health and safety).
- Staff and students are asked to complete the self-screen app before entering.
- Staff screen each other before entering.
- All staff, students and members are checked in using our member tracking software.
- Any guests who are not in our system that enter the gym area are screened first and contact information is taken manually.

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3. How will you control the risk of transmission in your workplace?

Actions:

- All exercise equipment is spaced 3- metres apart.
- A limited number of members are allowed in the Centre at one time during exercise time slots, following provincial guidelines.
- Each exercise time slot is 1-hour to allow for proper cleaning time between sessions.
- Each member has their own cleaning bottle to carry around with them to use on equipment before and after exercise.
- A maximum of 50 people are allowed in the main gym area. A separate exercise area that is separated with a wall is used for Power Cord with a maximum of 10 people. Separate entrances are used. (Member limit may increase based on public health guidelines).
- Members must sign up for exercise time slots online or over the phone.
- Hand sanitizing dispensers are at all entrances and throughout the Centre for use, before, during and after exercise sessions.
- Bands, foam rollers, rubber weight bars, yoga blocks, straps, or equipment that are difficult to disinfect and clean appropriately will not be available for use.
- Members can bring their own mat for use if they wish. Limited mats will be available at this time.
- Battle ropes, tilt table, FES, Excite, harness for body weight support treadmill and leg stabilizers for the Nu-step will not be available for use in Power Cord.
- Logbooks will not be available.
- Blood pressure cuffs will not be available at this time. Members are encouraged to take their blood pressure at home before and after if possible.

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- All cardio equipment will have a time limit of 30 minutes (e.g., bikes, treadmills, etc.).
- Members must bring their own water for their workouts. Drinking fountain spouts have been removed but a water filling station is available.
- The washrooms will be available for use but only one person at a time.
- Showers will not be available.
- Fans will remain off to prevent unnecessary air movement.
- Lockers are not available for use.
- Hallway carpets have been removed from the hallway to prevent any unnecessary dust/germ collection.
- All chairs available for use are plastic to allow for proper cleaning after use.

4. What will you do if there is a potential case, or suspected exposure to, COVID-19 at your workplace?

Actions:

- When notified of a positive Covid-19 case, an additional cleaning will be required before re-opening. Brock will take any direction as provided by Public Health. Further information on reporting for employee's can be found in the university's overarching safety plan as referenced above. Brock has a comprehensive approach to assist public health with contact tracing in the event of a positive case of Covid-19 on campus. Brock will be supporting public health by contacting staff, students and members on behalf of public health that have been identified as a close contact to a positive case. All information that is collected will be shared through a secure method.
- Anyone who might have been exposed or has symptoms is asked to stay away from the Centre and re-entry would be on the advice of public health.

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Centre Re-opening Protocols

Introduction

Our dedicated team has been working hard to create a reopening plan that is caring, informed, comprehensive and consistent with similar community gyms. Our new health and safety standards will be updated regularly. It is important to understand that public health information and provincial orders can change quickly. We will be doing everything we can to update our members as quickly as possible in response to these changes. We look forward to welcoming you back.

Cleaning, Safety & Social Distancing

1. **All members/students/staff and visitors must be fully vaccinated by a Health Canada approved vaccine.**
2. **All members/students/staff are screened and then checked in by a staff member prior to entering the Centre. A screening station will be located at the main entrance (left side entrance of the building) where members will fill out the Self-Screen Survey.** The survey can also be accessed and completed prior to entering through the Brock Safety app. Anyone who is visiting the Centre and is not on our system will be screened and manually checked in for contact tracing purposes.
3. Hand sanitizing dispensers will be at all entrances and throughout the Centre for use before, during, and after exercise sessions.
4. Cleaning solution will be available and are to be used before and after use of all equipment.
5. Staff will clean all areas and surfaces used between exercise sessions.
6. Frequently touched surfaces will be cleaned with hospital grade disinfectant (e.g., entrances, washroom, handles, etc.)
7. There will be dedicated cleaning time after each workout session. This time will be used to prepare the Centre for the next workout session.
8. All staff and students are aware of the PPE requirements as outlined in the bulletin [COVID-19 Use of Medical/Non-medical Masks & Physical Distancing](#). Staff and students will wear medical grade masks and eye protection (goggles/face shield) at all times.
9. Members will be required to wear medical grade masks whenever possible (with the following exceptions: during exercise or for medical reasons).
10. Stickers with arrows are marked on the floor to help with flow. Social distancing stickers are also located around the Centre.

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11. Workout station squares will be marked in designated areas for free-weight exercise use.
12. Members must maintain a 3-metre distance with each other. Certain machines will be marked out of order to maintain social distancing guidelines. All machines have been spaced 3 metres apart.
13. Upon completion of exercise sessions members must leave the Centre immediately. This will allow staff to complete the required cleaning procedures.
14. A protective barrier has been installed at the payment desk to protect both staff and members. Payment machine and surfaces touched will be cleaned after each use.
15. If you are feeling ill, please do not come to the Centre.
16. If you are presenting any COVID-19 symptoms or have a positive COVID-19 test, please tell us so we can notify those who were present and do a thorough cleaning of the space and equipment before re-opening.

Amenities

1. Members must bring their own water for their workouts. In the event members forget, water will be available for purchase.
2. Showers will not be available to members during this time.
3. The washrooms will be available for use but will be limited to one person at a time.
4. Fans will remain OFF at this time to prevent any unnecessary air movement.
5. Plastic chairs are available for members to place belongings on and use for exercise. All other chairs have been removed

Lockers

1. Please come in your gym apparel if possible.
2. Lockers will not be available at this time. While in the Centre, please carry personal belongings with you or leave them locked in your car.

Equipment

1. Bands, foam rollers, rubber weight bars, yoga blocks, straps, or equipment that cannot be cleaned and disinfected appropriately will not be available for use.
2. You can bring your own mat for use if you wish. Limited mats will be available at this time.
3. Battle ropes, tilt table, FES, Excite, harness for body weight support treadmill and leg stabilizers for the Nu-step will not be available for use in Power Cord.
4. Blood pressure cuffs will not be available at this time. Members are encouraged to take their blood pressure at home before and after if possible.

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5. All cardio equipment will have a time limit of 30 minutes (e.g., bikes, treadmills, etc.)

Booking Online

1. There will be a maximum capacity of **50** members in the main gym and a maximum of **10** in Power Cord.
2. Members must sign up online for a time slot to enter the Centre – you cannot walk in without an online booking.
3. Sign up online by:
 - Logging into your Zen Planner member account, by calling the Centre, or emailing Centre staff to confirm a time slot.
4. You may sign-up online 1 week in advance. If you require transit and need to sign-up more than 1 week in advance, contact a staff member to do so.
5. We will continue to check in members; please wait at the designated area outside the main entrance until a student or staff member has checked you in upon arrival.
6. Exercise sessions will be 1 hour long with designated time between sessions for cleaning.
7. If members show up to the Centre without booking, there is a chance they will not be able to exercise if that time slot is full.
8. If you are unable to make your time slot, please let us know as soon as possible so someone else has the opportunity to sign up. Members who miss their booked time slot without notice will be unable to book for 7 days. These members will be permitted to walk-in, only if space is available.

Group Fitness, Training & Support

1. There will be limited student assistance, so members will need to be independent with their exercise routines.
2. There will be no transfers, so members must be able to get themselves on and off equipment independently. **In the event of an emergency, staff will come in contact with a member to treat them as needed (i.e., First aid, CPR, autonomic dysreflexia, etc.)**
3. Fitness classes will remain online only for the time being.
4. There will be no balance area available due to social distancing recommendations.

Thank you!

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FAQs

I have difficulty breathing/wearing a mask; can I still attend the Centre?

Members are asked to wear a medical grade mask as much as possible inside the Centre and maintain a 3-metre distance from others. We do not expect members to wear their masks while actively engaging in exercise. We ask that members wear a mask when going in and out of the Centre, to and from the washroom, while in the washroom area, while taking a tour/visiting, waiting for an exercise session to start/at check in. We also recommend members carry their masks with them at all times.

What if I forgot or don't have a mask?

We will have medical grade masks at the Centre available for purchase for those who need one.

I haven't exercised since the closure, where should I start?

You will want to ease yourself back into a routine. Cardio exercise duration may not be as long and may be broken into multiple bouts. You will want to keep the weight for all resistance exercises lighter to start. If you need help getting started, ask a staff member or student. We are here to help you.

Why do I need to book online?

With booking online, we are finding a balance between the safest Centre environment possible and the best experience for our members.

What if I feel ill /will be away and unable to come the Centre?

If you feel ill, please do not come to the Centre. Please notify our staff so we can put your membership on hold if:

- a. You will be away for 2 weeks at a time or more,
- b. If you are ill for an extended period of time, or
- c. If you need to self-isolate.

With some amenities closed/restricted will my membership fees be reduced?

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At this time, membership fees will remain the same in order to offset the costs related to the maintaining the Centre as a safe environment for all our members.

Are these changes/protocols permanent?

No, with the ever-changing protocols brought forward by the government and University, we will constantly update our protocols and safety measures.

Is there a waitlist for Centre exercise time slots?

When signing up online there will be a waitlist that members can join. If there is a cancellation, you will receive an email to let you know that you now have a spot in that time slot.

I am currently doing the online program, but can I go back to my regular membership when the Centre re-opens?

Yes. Your regular membership will start when the Centre is re-opened and includes all online programming. Your online membership will end at that time and you will only pay a regular membership fee (which will include both gym access and online).

1. Am I responsible for cleaning equipment?

Yes. Staff will be cleaning in between exercise sessions, but members are still required to clean off all equipment and areas they may have touched during their exercise session with cleaning solution provided.