



COVID-19 RE-LAUNCH PROTOCOL FOR MEMBERS & CLIENTS

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Overview

This document has been created in conjunction with the guidelines as provided by Alberta Health Services (AHS) for the COVID-19 Enhanced Public Health Measures for Indoor Fitness, effective June 10, 2021.

(<https://www.alberta.ca/enhanced-public-health-measures.aspx#restrictions>)

As stated by AHS, "Alberta Health will continue to assess the epidemiology of COVID-19 in Alberta, published scientific literature on the risks of physical activity and recreation, and safety precautions from other jurisdictions that support return to sport, physical activity and recreation. As such, the guidance provided within may be updated as necessary to reflect science and best practices, as new information becomes available."

CrushCamp will continue to monitor and operate based on the guidelines provided - as such, any procedures and expectations of members and clients can be updated at any time, with expectation of 100% compliance.

Member & Client Expectations

- All members and clients will be asked to complete the COVID-19 self-screening tool prior to commencement of any activity (Appendix A). Any member or client that is exhibiting any symptoms cannot enter the facility or participate.
- Members and clients who become symptomatic during an activity are required to be isolated from others and must return home immediately.
- In accordance with City of Calgary Bylaws, all Members/Clients & Staff are required to use a mask while in indoor spaces (excluding during physical exercise).

Studio Space Protocols (Common Areas)

- Members and clients are expected to maintain a distance of **two metres** (2m) from one another in common areas within the studio.
 - Physical distancing markers will be placed in various locations within common areas to assist with adequate distancing.
- Members and clients are **required to wear a mask upon entry and exit and while in the studio common areas (change rooms, lobby, etc...)** masks are not required once you have reached your designated workout pod or for the duration of your workout. During phase II masks will be worn by staff + coaches at all times.

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- Members and clients will be asked to arrive **no earlier than 10 minutes** prior to the start of class. New clients will be asked to arrive **20 minutes prior** to the start of class in order to receive our mandatory safety demonstration.
- Members and clients should minimize time spent within the studio and will be asked to **leave within 10 minutes** at the end of class.
- Members and clients will be asked to refrain from touching surfaces during their visit (ie. door handles, countertops) where possible.
- Members and clients will be asked to arrive ready to sweat:
 - **Dressed and ready to participate**
 - A change of indoor shoes to use within the studio
 - A full water bottle
 - A sweat towel
 - Flow specific-equipment if required (i.e. yoga mat, blocks)
 - We highly encourage client-owned Flow equipment.
 - Yoga mats will be made available for rent for \$5
- The following amenities will be discontinued until further notice to minimize touch points, prevent gathering & shared contact:
 - All towel services (shower, cold towels, sweat towels)
 - Showers
 - Vanity bar items (e.g. hair ties, communal hair products)
 - Mints
- The following amenities will be made available, with capacity restrictions (maximum 4 clients in change rooms). Disinfectant wipes will be made available in these areas for clients to use at their discretion:
 - Washrooms
 - Lockers
 - Change rooms
- The following amenities will be made widely available for staff, ambassador and client use:
 - Hand sanitizer
 - Disinfectant spray and/or wipes
 - Menstrual products
 - Facial tissues
- Members and clients will be asked to make purchases via contactless credit or debit cards or online wherever possible.
- The Crushery will be closed until further notice.

Studio Space Protocols (Blue Room)

- Members and clients will have individual “pods” (SkillMill + working floor area), with physical barriers between client “pods” erected as per AHS Guidelines.
- Members/clients, staff and ambassadors are **required to wear a mask while entering and exiting the studio or workout space and while in common areas (change rooms, lobby, etc...)** masks are not required once you have reached your designated workout

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pod or for the duration of your workout. During phase II masks will be worn by staff + coaches at all times.

- No equipment will be shared during phase II.
- Fans will not be used due to the spread of airflow between clients.
- Members and clients are encouraged to bring their own sweat towels.
- At this time, members and clients are discouraged from celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that promote contact.

Studio Space Protocols (Performance Lab)

- Members and clients will have individual “pods” for all FLOW & LIFT Classes, which are indicated by floor lines/markings.
- Members/clients, staff and ambassadors are **required to wear a mask while entering and exiting the studio or workout space and while in common areas.**
- No equipment will be shared.
- Members and clients are strongly encouraged to bring their own equipment if they own it (ie. yoga blocks, foam rollers, loop bands)
 - Additional equipment required for the class will be available inside the Performance Lab and laid out by the coach

Client Check-In & Traffic Flow

Pre-Class

1. Members and clients will be asked to arrive **no earlier than 10 minutes** prior to the start of class. (New clients will be asked to arrive 15 minutes prior to the start of class.)
2. Front doors will be unlocked 10 minutes before the start of class.
3. Members and clients will be asked to remove their outdoor shoes, change into their indoor shoes and sanitize their hands in the designated lobby area.
4. Should a queue form, members and clients will be asked to maintain a physical distance of 2m while waiting.
5. At the front desk, a CrushCamp Team Member will review the AHS Screening Checklist with the members/client prior to check-in to class. Successful completion and verbal sign-off of the checklist is mandatory for class entry.
6. Once check-in is completed, the member/client will be assigned a numbered workout space.
 - a. Crush Classes:
 - i. Member/client will be assigned a “pod”
 - ii. Member/client will then be directed to the weights area to pick up their weights required for class
 - b. Flow/LIFT classes:
 - i. Flow:
Member/client will be directed by the coach to an available pod

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LIFT:

Member/client will be assigned a pod number by the Front Desk Staff.

- ii. Additional equipment required for the class will be available inside the Performance Lab and laid out by the coach
7. Members/clients, staff and ambassadors are **required to wear a mask while entering and exiting the studio or workout space and while in common areas (change rooms, lobby, etc...)** masks are not required once you have reached your designated workout pod or for the duration of your workout. During phase II masks will be worn by staff + coaches at all times

Post-Class

1. Members/clients will be asked to leave all used equipment in the following areas:
 - a. Crush Classes: place weights on designated 'used equipment' weight rack
 - b. Flow/LIFT Classes: rented or studio equipment can be left in the pod for team to disinfect
2. Members/clients will be asked to use hand sanitizer after returning their equipment.
3. Members/clients will be asked to vacate **within 10 minutes** after the end of class while maintaining physical distancing from other members/clients and staff.



APPENDIX A - Screening Checklist

If an individual answers YES to any of the questions, they must not be allowed to participate in the sport or activity.

1.	Does the person attending the activity, have any of the below symptoms:	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis	YES	NO
2.	Have you, or anyone in your household, returned from travel outside of Canada in the last 14 days?	YES	NO
3.	Have you or your children attending the program had close unprotected contact (face-to-face contact within two-metres) with someone who is ill with cough and/or fever?	YES	NO
4.	Have you or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

If you have answered “YES” to any of the above questions do not participate. Proceed home and use the AHS Online Assessment Tool to determine if testing is recommended.