

# ACCESS TO THE WEIGHT ROOM AREA

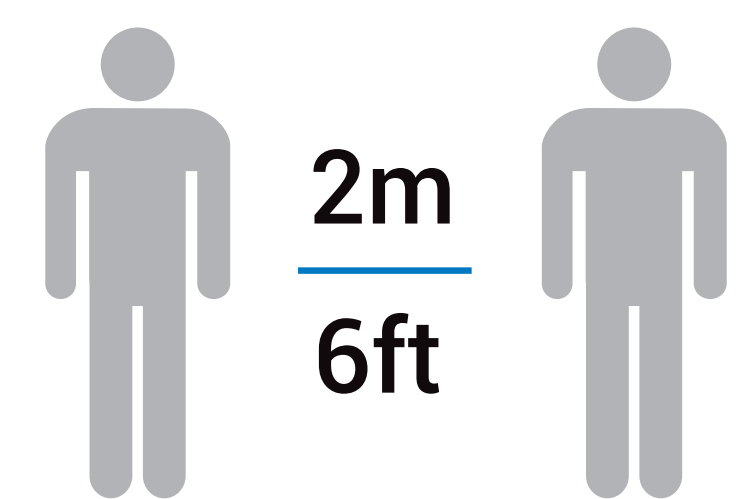
Is by way of advanced registration, reservation, or booking online or by phone. No drop-in admission or access available. Our top priority is to health and safety, however by the nature of viruses like COVID-19 participation includes possible exposure to and illness from infectious diseases. While rules and personal discipline may reduce this risk, elimination is not possible.

If patrons do not follow the protocols while on Strathcona Regional District property they will be asked to leave, and their participation privileges will be suspended.

**Patrons or staff may not enter the weight room if they feel any symptoms related to COVID-19 such as fever, cough, or difficulty breathing, or have been in close contact with a confirmed or probable case of COVID-19 or a COVID-19 impacted area.**

**Practice physical distancing**  
(two metres or six feet away)

**Follow patron flow signage**



**Remember.** If you have just returned to Canada, you cannot enter this facility and you must self-isolate for 14 days.

No water stations will be available. Please bring your own water bottle for use onsite.

On arrival, everyone must use the hand sanitizer that is available before admittance.

No congregation in any of the open spaces including clustering outside the facility entrance and in parking lot spaces.

At the point of entry, screening for COVID-19 symptoms will be conducted by asking some common questions.

Face coverings are recommended as an additional layer of protection if the 2m (6ft) distancing cannot be maintained.

No sharing of equipment.

Please monitor self-care such as hand washing and personal hygiene.

Non-stationary equipment (free weights, stability balls, etc.) may be requested from the weight room monitor. **Sharing or trading of equipment is strictly prohibited.** Please ensure all equipment is returned to the weight room monitor's used equipment area when you have finished using it (not at the end of your workout, as others may be waiting).

Men's, women's, and the universal washrooms are available in the leisure ice area. Please inform a staff member after use to ensure it is cleaned.

During your workout please stay within your allocated space. Follow directional arrows when entering and exiting your workout area.

**For the safety of staff all payments will be taken at the time of registration, reservation or booking. We will reduce cash handling onsite by accepting card payment options.**

## Questions?

For a full listing of our facility protocols for COVID-19, visit [strathconagardens.com](http://strathconagardens.com) or call 250-830-6777. We will revisit our protocols regularly; closely monitor the guidance of the Health Authority; make changes as needed; and inform our staff and patrons in a timely fashion.

