



Rules of conduct for all persons at the BODY'N'SOUL+ Fitness and Recreation Facility

- Each person entering the facility must complete the questionnaire and give it to the front desk staff.
- Members must sign in and out with their membership card. Each person is signed in by the membership number on the software, so the management can run a report for that day of who was in, and the contact information in case there was a need for contact tracing.
- A social distance of at least 6 ft must be maintained between people, even in classes and in the locker rooms and showers; during high intensity activities like cardio training or spinning classes a social distance of at least 9 ft must be maintained. Locker rooms and showers may be closed.
- BODY'N'SOUL+ encourages patrons to come in fully prepared for their activity, including wearing work-out attire to discourage excessive usage of the locker rooms.
- Long waiting before training and socializing should be prevented.
- Patrons are requested to bring their own equipment, such as yoga mats etc.
- Staff and patrons have to wear masks unless during the workout.



- Hand sanitizers and surface disinfection liquids are provided.
- At this time, access to the saunas and contact sports are restricted entirely.
- High touch surfaces are wiped down by the staff regularly and (door handles and knobs, light switches, railings, toilets, desks, tabletops, electronic devices ...)
- The cleaning agents and disinfectants used are applied in accordance with the manufacturer's instructions.
- Used cleaning wipes are disposed of in trash cans lined with plastic bags.
- Each member who enters is given a disinfectant spray bottle for equipment so they can wipe the handles and surfaces of the training equipment down as well, before and after use.
- Shared towels or training without a towel are not allowed in the facility.
- The gym staff does an extensive clearing during the 1-4 time frame when the facility is closed, and then cleans again at the end of the day.
- Further information: <https://novascotia.ca/coronavirus/avoiding-infection/#social-distancing>
- Approved disinfectants: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19.html>
- Material: gloves, masks, hand respectively surface disinfectants, dustbins, paper towels, liquid hand soap