



The Corporation of the Township of
NORTH KAWARTHA
Parks and Recreation Department

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COVID-19 Fitness Centre Update

The Township of North Kawartha has taken actions which include working closely with the Public Health Unit to help protect the health of our community during the COVID-19 pandemic, and this is especially true with regard to the Fitness Centre. However, upon re-opening we are also requesting that members of the public share some of that responsibility, by observing the rules and regulations that have been put in place for your protection, and the protection of others.

At the time of re-opening all “Swipe/Access” cards were de-activated, and will not work. All members will be required to come to Reception, to update their Membership Form/Par-Q, and an additional COVID-related waiver. In addition, you will have to complete the “Required COVID-19 Screening Questions & Contact Tracing Record” before being allowed to enter.

There are some changes to be aware of:

- Only Staff can let members into the Fitness Centre.
- Members must complete the “Required COVID-10 Screening Questions & Contact Tracing Record” before being allowed to enter.
- Masks must be worn into the building until you begin your workout, and again after you complete your work out.
- The machines are physically distanced and must not be moved.
- Only 1 person is allowed in a dressing room at one time. We are currently limiting total occupancy of the Fitness Centre to 10.
- If the Fitness centre is busy, please come back at another time.
- You must thoroughly wipe down the equipment before and after use, with the disinfectant bottles provided.
- We request that you exit the Fitness Centre through the rear stairwell. (Understanding this may not always be possible for reasons related to accessibility).
- The Fitness Centre will be electrostatically disinfected on a regular basis.
- As the Fitness Centre is an unsupervised area, User Assumes All Risks and Liability.

Please note: Although the machines are physically distanced, when working out, droplets are expelled at higher velocities. Therefore, although masks are not mandatory (only when working out) **they are recommended.**

Thank you for your co-operation and understanding.