

New Covid Policies and Procedures

(This must be completed on first visit and given to Club Manager prior to entering the Gym)

Please review the following carefully and initial each to confirm your agreement.

- | | <i>Initial</i> |
|--|--------------------------|
| 1. <u>Each member must scan in using their card</u> (couple/friends each must have their own access card). | <input type="checkbox"/> |
| 2. Please <u>review and abide to the Covid-19 pre-screening questions</u> posted at front door each entry. If you are not well please stay home and/or get a COVID-19 test. | <input type="checkbox"/> |
| 3. In accordance with our local by-law personal masks/shields will be mandatory in all common areas in the Gym (ie. entering the Gym, locker rooms etc) but will not be required (but recommended) during your workout. | <input type="checkbox"/> |
| 4. Try to stay 6 feet away from other members and staff. | <input type="checkbox"/> |
| 5. Lockers are available but try to maintain social distancing. <u>Showers are closed</u> . Sanitizing station located near lockers. | <input type="checkbox"/> |
| 6. <u>Stay to the right</u> going up and down the stairs to maintain social distancing. | <input type="checkbox"/> |
| 7. <u>Bring your own water bottle</u> preferably filled. Bottle refill only available (GOF). | <input type="checkbox"/> |
| 8. <u>Wipe down equipment</u> using antibacterial wipes. Each can be used up to 4x. | <input type="checkbox"/> |
| 9. <u>Disinfect personal items bringing into the Gym</u> ie. Water bottle, gym bag, phone, earphones, gloves etc.. Cover cuts, blisters and open wounds. | <input type="checkbox"/> |
| 10. <u>Members cannot let any non-member into the Gym</u> . ALL GUESTS must schedule an app't with the Club Manager and complete a <u>GUEST COVID-19 QUESTIONNAIRE</u> . | <input type="checkbox"/> |
| 11. <u>"Help us keep everyone safe and accountable"</u> - send us your comment/pic of anyone that is not abiding by the rules. Managers contact information is located on Managers door, above water fountain and on bulletin board. | <input type="checkbox"/> |



12. Please be advised that If the Gym is informed that a Member, Staff or Guest has COVID-19 or has been in contact with someone with COVID-19 the Gym will immediately be closed for the next 48 hours and undergo a deep clean. A sign will be posted on the front door as well notification posted on our website including reopening date and time. All members Gym usage information will be made available to Ontario Public Health Unit to assist with contact tracing. Your health and safety is #1 priority. We appreciate your patience and understanding.

13. **Covid-19 Waiver: Assumption of the Risk and Waiver of Liability**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact.

The Gym on Locke Ltd referred to as **G.O.L.** and **The Gym on Fennell Ltd** referred to as **G.O.F.** has put in place preventative measures to reduce the spread of COVID-19; however, **G.O.L /G.O.F** cannot guarantee that you or your family will not become infected with COVID-19. Further, attending **G.O.L /G.O.F** could increase your risk and your family's risk of contracting COVID-19. By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you may be exposed to or infected by COVID-19 by attending **G.O.L /G.O.F** and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the **G.O.L /G.O.F** may result from the actions, omissions, or negligence of myself and others, including, but not limited to, **G.O.L /G.O.F** employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my attendance at the **G.O.L /G.O.F**. On my behalf, and on behalf of my family, I hereby release, covenant not to sue, discharge, and hold harmless **G.O.L /G.O.F** employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any **G.O.L /G.O.F** program.

PRINT NAME

MEMBERS SIGNATURE