

## COVID-19 PROTOCOLS FOR IN-PERSON CLASSES (ROWING & STRETCH)

As a precaution and to ensure we are covering all our bases, please read this email in detail, especially the items in **red** & **bold**:

*There is a health risk for anyone attending in-person fitness classes during the Covid-19 Pandemic. We will be exerting ourselves and breathing heavier than usual which means droplets may be in the air from others and you will be using shared (but clean and disinfected) equipment. We will be in an outside location and will be at least 3m apart throughout the class. Even so, here are health risks that you may not have considered prior to signing up for this class.*

**Please reconsider attending if you have any of the following risk factors:**

- are greater than 65 years of age,
- compromised immune system
- underlying coexisting medical conditions
- diabetes
- cardiac disease
- severe asthma
- chronic lung conditions
- autoimmune disorders

Here are a few of the 'Rules of the Road' when it comes to being at the Amaze In-Person Classes.

1. You will be **emailed a COVID-19 Survey 5 hours prior to the class**. You must fill this in online prior to the class. **DO NOT SHOW UP FOR CLASS IF YOU HAVE ANY SYMPTOMS AT ALL OF COVID-19 OR ANY ILLNESS** or if you have had any contact with anyone who has Covid-19 and you have not worn the recommended PPE. **Do not attend class if you or anyone you have travelled off Vancouver Island or have had had close contact with has travelled off Vancouver Island in the last 14 days.**

**Common symptoms are:**

- new onset of cough,
- worsening or chronic cough,
- sore throat
- shortness of breath,
- difficulty breathing
- new loss or decrease in sense of taste or smell
- runny nose
- sneezing (not allergy related)
- hoarse voice
- nasal congestion
- chills
- headache
- unexplained fatigue or malaise
- difficulty swallowing
- nausea/vomiting
- diarrhea
- abdominal pain.

2. **If for any reason you find yourself sneezing, coughing or experiencing any other of the above signs or symptoms** come up during the class, **please stop rowing and move away from the class area** and all other people until it clears up. **If coughing, sneezing etc persists, please clean your hands with the sanitizer, and remove yourself from the class area after indicating to the instructor you are leaving. Do not clean your machine.**

3. Please **maintain at least a 6 foot distance** from all others when arriving, participating and leaving the classes. If you are attending class with someone else in your household or bubble, please still keep 6 feet apart once you arrive at class.

4. **Please approach and leave from the fountain area from the breezeway** (Glo) side of the building, so that you are not crossing the rowing dock. With many other users on the dock this will reduce risks.

5. Please **arrive and leave the area with a mask on**. When you are sitting on or straddling your machine, you may have your mask off. It is best to bring a container or bag to put your mask in to avoid contamination during the class.

For **Stretch Class**: On your yoga mat = the mask can be off. Off your yoga mat = the mask must be on.

6. **Only one person is allowed on the rowing dock and into the boat bay** to take out and return the rowing machines. We will aim to have machines out for you by 15 minutes before the class starts. Please wait by the fountain or other area maintaining your distance if the machines are not yet set up when you arrive. Keep clear of the rowing dock & any other people nearby.

7. Please **do not move the machines from the positions they are set up in**. Flywheels will be approx 3m apart, which makes each person a little more than 3m apart when rowing. We will all be facing the pond.

8. There will be spray bottles set up between every second machine to spray the machines down after the session. Please **sanitize your hands before and after touching the spray bottles and help others by spraying down two or more ergs to reduce the number of people touching the spray bottles**. Others should step away to allow this to happen safely. If the machine has dirt or grime on it (especially handle and slides), each user should wipe it off with the disposable blue rags. **PLEASE PUT DIRTY RAGS INTO THE GARBAGE CAN NEARBY, NOT INTO THE CLEANING BUCKET**. Otherwise, the machines do not need to be wiped. The disinfectant will do its job and evaporate off. Sanitizer is available onsite, but it is recommended that you **BRING YOUR OWN SANITIZER** for ease of use.

11. Please **do not linger or socialize before or after class**. The goal for all rowing clubs these days is to be efficient. Arrive, Get in (on the machine), Row, Get Out.

13. **The washrooms will be available, but it is recommended that you do not use them except when absolutely necessary**. They are public bathrooms and are not cleaned between training groups as is recommended by RCA (Rowing Canada Aviron). The washroom key can be found in the front of the first boat bay on a cart that contains buckets and cleaning equipment.

14. **Please fill in the \*NEW\* GNRC wavier** that includes COVID-19 information (note #5 & 7d)

#### Recommended or required items to bring to class

<u>face mask</u>	hat
<u>water bottle</u>	sunscreen
<u>pen</u>	layers of clothing
<u>clipboard</u>	hand towel (for your own skin/sweat)
hand sanitizer	storage for your face mask when not wearing
sunglasses	

Email or phone with any questions or concerns about any of this either before or after your attend any class. If you have reconsidered your attendance based on any of this, please let me know as soon as possible.

#### General Information for All Amaze Rowing & Stretch Classes

\*ALL in-person classes will be held outdoors.

\*We do not have a covered space to shelter us from the sun & elements. Classes will be cancelled 12 hours prior if there is inclement weather including precipitation

\*Please dress appropriately (sunscreen, hats, layers etc) as you need to stay safe.

\* 7 participants maximum for In-Person classes.

\* No limits for ONLINE classes - you just need to [email to register](#) for them

\* In-Person classes preference to those who have been unable to attend ONLINE

\* In-Person participants are limited to one class per week. Pending availability you may attend more than one class per week.

## Amaze Policies - as of NOVEMBER 2020

### **Missed Classes:**

We appreciate you letting us know as soon as possible if you are not able to attend a class you are registered for. There is high demand and limited seats in our classes due to Covid restrictions. It is also a lot of work to set up for a class, so if we know not to bring a machine out for you, it is appreciated.

### **Make-Up Classes:**

**We are not able to offer make up classes for in-person classes at this time** due to limitations in class sizes **AND COVID RESTRICTIONS**. Online participants will be emailed a link to a recording of any missed class. In a situation where you are ill and missing more than one class due to illness or medical reasons, please contact me directly to discuss a possible class credit.

### **Waiting List:**

**THERE WILL BE NO WAITING LISTS AT THIS TIME. WE MUST KEEP OUR TRAINING GROUP THE SAME UNTIL DIRECTED OTHERWISE BY THE P.H.O.**

### **Zero Tolerance Policy**

**YOU WILL BE DENIED ENTRY TO THE CLASS AND WILL BE CHARGED THE FULL FEE FOR THE CLASS IF YOU DISREGARD ANY OF THE RULES.**