

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 **bold**:

Due to the health risk for anyone attending in-person fitness classes during the Covid-19 Pandemic 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. Please self assess before class. Do not show up for class if you have any symptoms of Covid-19, if you have had any contact with anyone who has Covid-19, if you or anyone you have had contact with has travelled off Vancouver Island in the last 10 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 others until it clears up. If it persists, clean your hands with 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.

4. **Please approach and leave from the fountain area from the breezeway** (Glo) side of the building,

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. 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. 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. Clean everything you touched with the spray bottle and rag provided. Spray the rag to clean the monitor. Wipe off any grime of moving parts. You may leave the disinfectant on the machines to evaporate on non moving or non-mechanical parts.

9. Please **do not linger or socialize before or after class**. Row & Go.

10. **Washrooms are available but it is recommended that you do not use them except when absolutely necessary.** The washroom key is an orange oar on a cart in the front of the first boat bay.

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

Recommended or required items to bring to class

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

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
- Dress appropriately for the weather
- 7 participants maximum for In-Person classes.
- No limits for ONLINE classes
- 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 May 2021

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 & 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:

We cannot use a waiting list or punch card visits to fill In-Person classes at this time, we will be keeping a waiting list & may open up additional classes if there is demand. Please email us to get on the waiting list. info@amazeactivehealth.ca

Zero Tolerance Policy

You will be denied entry to the class & charged the full fee if you disregard any of the rules.