



Group Fitness Safety

BOOKING YOUR TIME - My Y App

- Before coming into the YMCA, log into your My Y app and book your time.
- All group fitness bookings can be found under, Group Exercise Classes.
- NOTE:** you must tell the staff at the front desk that you are checking into your class for them to mark you as attended.

CANCELLING A CLASS

- All reservations can be cancelled by selecting 'Reservations' and hitting cancel.
- Cancellations must be done 24hrs prior to the class so others are able to book.

SCREENING

Primary Screening Tool:

- There will be a large sign placed at the entrances with the COVID-19 Screening questions stating that if anyone answers YES to any of the questions then they should not come into the facility.

Secondary Screening Tool:

- Members will be initially informed that by scanning their membership card they declare that they answer no to all the COVID-19 screening questions.
- A sign with the screening questions will be permanently placed by the card scanner station for members to view it. It will state ("Please do not enter if exhibiting symptoms" + Health Declaration)

MANDATORY FACE COVERINGS

In compliance with the government response to COVID-19 updated restrictions, the YMCA of Greater Halifax/Dartmouth is requiring the use of masks or face coverings in all indoor public spaces at the JWL facility.

- This requirement includes ***all hallways, locker rooms, public gathering places, lounges & program rooms.***
- The mask is required to be worn by all individuals except for:
 - individuals with special medical or other relevant condition.
- Those refusing to wear a mask for any reason can bring their own face shield and use it instead.
- Extra masks will be placed at welcome desk and in different areas of the facility.
- Masks can be taken off when you have arrived at your spot in a group fitness class and are being physically active.***

WHILE PARTICIPATING IN A CLASS

- You must be booked and checked in at the desk before entering the class.
- Group Fitness participants must arrive 5min prior to the start of their class
- Social distancing markers or equipment will be in place so that all participants have 3 square meters of workout space.
- Hand sanitizer must be applied before picking up any new piece of equipment by whoever will be touching the equipment.
- Participants are asked to bring their own yoga mats as necessary

CLEANING AND SANITATION OF EQUIPMENT

- Equipment needs to be wiped with disinfectant by the participant both before and after each (spray disinfectant agent and leave to settle for at least 20 seconds before wiping off or leave to air-dry depending on the surface).
- Equipment will be disinfected by staff daily.

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