



# Personal Training Safely

## 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:
  - o 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 physically active, such as personal training activities,** yet are to be worn when moving around from one place to another in the facility and when changing exercise equipment

## PERSONAL TRAINING SESSIONS

- Personal Trainers will be required to wear a mask
- Trainers and clients must refrain from physical contact and adhere to the 2 metre physical distancing requirement from each other and other customers during the session when possible.
  - o If the trainer cannot maintain physical distancing the client must also wear a clean non-medical mask to protect others.
- Hand sanitizer must be applied before picking up any new piece of equipment by whoever will be touching the equipment.
- As much as possible training activities will take place in area's that do not necessitate close contact with other people. The majority of Personal Training will take place in studio's and open spaces or vacant areas of the fitness center.
- There will be no more than 3 personal trainers on site at any one time to ensure facility capacity is not exceeded.
- Clients may be asked to bring their own small equipment when necessary

## CLEANING AND SANITATION OF EQUIPMENT

Equipment needs to be wiped with disinfectant by the client or their Trainer 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).