



We are so excited to welcome you back to our onsite Pulse Generator Fitness Facilities. The rules below are designed to provide a safe fitness facility for you, our member, for us, our staff and for everyone, our community.

As a Pulse Generator member you must agree to following:

- Facility is to be used by Pulse Generator (PG) **members only.**
- Consistent with AHS and site policy, MASKS (provided by the member) are to be worn at all times while in the fitness facility. This includes while working out.
- All members using the facility must be screened at hospital site entrances, worksite or units and be approved “fit for work”.
- It is expected that all members will strictly adhere to the same standards for behavior and hygiene in the fitness facility as in their work site.
- Occupancy restrictions will be posted in each area. Please adhere to these restrictions and act accordingly.
- There is a time restriction of 1 hour /full workout.
- **Cardio Equipment Booking** process: You must pre-book your cardio equipment. The booking link is found on the Pulse Generator website. www.pulsegenerator.ca. Bookings are 30 minutes in duration. If you make a booking, you are guaranteed that time slot or any part of that time slot. Please clean the equipment before and after your use. Please be considerate of booking times and other fellow members. If you cannot make your booking, please cancel so that someone else can use it.
- All PG members are required to wear clean and specific work out gear while in the gym. **Scrubs and uniforms are not permitted.**
- All members must respect the AHS physical distancing public health order and maintain 2 meters - 3 meters distance between themselves and any other user. Please use floor markings as a reference.
- All members must wash their hands or use hand sanitizer before entering the facility and upon leaving the facility.

- **Equipment Cleaning Process:** You are required to wipe down equipment before and after use. Disinfectant wipes are provided in all Pulse Generator facilities.
- You are not permitted to bring any outside items into the gym. Coats, clothing, bags and food are not permitted. Water bottles and personal audio or media items are permitted in the gym.
- Whenever possible, you are requested to come dressed ready to work out and limit the use of the changerooms (where they are available).
- Please work out on your own, not in groups. Please do not congregate in the gym after a workout socializing.
- **“Working In”/ “Spotting”** – You are expected to be respectful of others and not spend too much time on a piece of equipment and adjust your workout as “working in” and “spotting” **is currently not permitted.**

Out of courtesy for those members working:

- We ask that the facility is only used by PG members while they are **on shift** and before or after work.
- Consistent with AHS policy, all members and Pulse Generator employees must be fully vaccinated against CoVid 19.