

## September 2020 ITC Club Reopening

### Description of Participant Guidelines

#### Before Activity

- All participants acknowledge and accept the risks associated with participation, including the risks of contracting Covid-19 by completing the ITC participation waiver (adult) or informed consent (youth).
- All participants should know the common symptoms of COVID-19 and must not attend if displaying symptoms as per Manitoba health requirements.
- All participants must complete an online screening questionnaire completed on the same day that class will be attended, prior to entry to Crescentwood Community Centre.
- Masks are to be worn on entry, prior to workout.
- Participants must bring their own water as the water fountain will be unavailable for use.
- On entry participants must hand sanitize.
- Care must be taken in preparation for workout to place your personal items away from other participants.

#### During Activity

- Masks may be worn during class if desired by participants but they are not mandatory.
- The use of hand wraps is mandatory during class.
- Care should be taken to touch only your personal items and the club items you are using during the workout.
- All participants must respect physical distancing and if not possible interactions should be brief.
- Participants are to keep to their workout space as per class instructor. In moving off and on the bags, bags must be sanitized within the circuit.

#### After Activity

- Participants must spray and wipe all equipment used. Any club gloves used will be left in designated container.
- Participants must hand sanitize after class.
- While preparing to leave facility all participants must wear a mask and leave as quickly as possible.

### Description of ITC Guidelines

#### Before Activity

- Create and display signage outlining COVID-19 policies.
- Assure that all participants have completed the ITC waiver and Covid-19 waiver.
- Setup check in/ screening sheet for participants ensuring they are not displaying any COVID-19 symptoms.
- Ensure that participants are wearing a mask on entry prior to workout and that they hand sanitize on entry.
- Access to hand sanitizer and disinfectant spays is provided.

### During Activity

- Class size will be limited to 15 participants with no spectators.
- Set up of circuits will be done to ensure social distancing. Instructors will ensure that participants will adhere to social distancing.
- Disinfection of bags/ equipment to be done as necessary while activity is taking place.
- Monitor and remove anyone from activity if they exhibit any COVID-19 symptoms or if they appear unwell.
- Monitor and control access point to ensure no unregistered participants enter.
- During class changeover all bags and equipment will be disinfected or left in a designated container to be disinfected later.

### After Activity

- Bags and equipment to be disinfected.
- Safely dispose of all garbage to appropriate receptacles.