

COVID-19 Guidance

MANDATORY GYM – POLICY

DO NOT COME INTO THE GYM

- If you feel sick, suspect you are sick or have any ill symptoms of any kind.
- If you have recently traveled out of Canada within the last (2) weeks.

IF, YOU COMPLY WITH THE ABOVE, WHILE ATTENDING THE GYM PLEASE:

- Disinfect your hands before & after you leave.
- Wash your hands with soap & hot water for min 20 sec, before & after each workout or trip to the washroom.
 - Avoid touching your eyes, nose or mouth.
 - Maintain 2m/ 6 ft social distancing.
 - Avoid using machines side by side.
- Disinfect your equipment before & after each use.
- Follow all other Gym rules and common sense.