

Live and Lift Ladies Fitness Covid-19 Safety Plan/Procedures

- Members/Staff cannot attend if they are showing any cold or flu like symptoms.
- Max occupancy of 20 members at any given time.
- Cannot attend if you have travelled outside of the country in the last 14 days, been in contact with someone who has a confirmed case of Covid-19 or have been directed by health officials to self isolate.
- Group Fitness Classes are limited to 10 people per class.
- Members must have their temperature checked and sign the symptom waiver before attending class.
- Booking spots for class is mandatory.
- Towel Service will not be provided.
- Water Fountain is closed.
- Staff will go around every hour and clean all equipment and touch surfaces.
- Steam room is closed.
- Workouts are limited to 90 minutes if the facility is at capacity.
- Masks are recommended to members who are not fully vaccinated.
- Staff are to wear gloves when helping members and cleaning.
- Members and staff are asked to sanitize hands when entering the facility.
- Showers are open but members are to bring their own towels. Staff will clean these after every use.
- Members and staff are to ensure they are 2.5 meters apart from others in the facility at all times.
- Tanning beds are open, members are asked to bring their own goggles or purchase a pair from the front. Staff will clean the rooms after every use.
- Members are asked to sanitize equipment before and after use. This includes free weights, plates, ropes, medicine balls and kettlebells.
- Mats are no longer available for use; we encourage you to bring your own.
- Members and staff are to sign the updated waivers during their first visit.
- Extra hand sanitizer and equipment sanitizer are provided all over the facility.
- Members are to exit out of the new designated exit located beside the treadmills to reduce traffic.
- Any members or staff not following the above policies will be asked to leave.

Please call us at [\(250\) 562-6365](tel:2505626365) for more details.