



GYM COVID-19 RULES

1. Physical distancing must be maintained at all times.
2. Equipment is to be sanitized by the user before and after use.
3. Use only one piece of equipment at a time.
4. No hard to clean items will be available (ie skipping ropes, battle rope, etc)
5. All equipment must return to its original spot.
6. Come prepared to work out in work out attire as well as clean indoor shoes. The change rooms/showers are not available.
7. Come with plenty of water. Staff will not be refilling water bottles. We do have bottled water for sale.
8. Follow all other normal gym rules.
9. Wearing a mask is highly recommended.

PROOF OF VACCINATION RULES effective September 22, 2021

Anyone under 12 is exempt from proving vaccination

Anyone 13 and older must prove double vaccination by showing their Ontario Ministry of Health Covid-19 vaccination receipt and a piece of ID showing the name of the person and date of birth. Photo ID is not required. This is for anyone 13 and older wishing to use the weight room, cardio and/or play squash. The second vaccination date must be a minimum of 14 days old.

The following are **exempt** from proving vaccination upon entry.

- Workers, contractors, delivery people, volunteers, inspectors and any other persons entering for the purposes of working, not as patrons
- To use the washroom
- To make a purchase
- If absolutely necessary for one's health and safety
- Anyone under the age of 12

Persons that are exempt from being vaccinated due to medical reasons must show proof in form of a written document from either an MD (physician), RN(EC) (Registered Nurse (Extended Class)) or NP (Nurse Practitioner). The letter must have the patrons name, name of MD, RN(EC) or NP, logo or letterhead, a statement stating the person is exempt for medical reasons and the time period the person is exempt as well as the date they wish to access the building.

Ontario Ministry of Health Guidance Document:

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/guidance_proof_of_vaccination_for_businesses_and_organizations.pdf

**FAILURE TO ADHERE TO ALL GYM RULES WILL RESULT
IN BEING ASKED TO LEAVE THE BUILDING**