



COVID – 19 Restrictions & Guidelines Acknowledgement

Trico Centre for Family Wellness (Trico Centre) has implemented policies as recommended by Alberta Health Services (AHS) to maintain safe operations. Upon signing this **COVID Acknowledgement**, you are releasing Trico Centre and its employees from any liability due to Covid-19. Responsibility falls upon each person who enters the facility and all patrons who wish to enter Trico understand the increased risk of Covid-19 and other illnesses and **enter at their own risk**.

EVERY MEMBER / 10-VISIT PASSHOLDER MUST COMPLETE THE COVID-19 SCREENING

1.	Do you have any of the following symptoms which are new or worsened if associated with allergies, chronic or pre-existing conditions: fever, new onset of cough or worsening chronic cough, new or worsening shortness of breath or difficulty breathing, sore throat, runny nose, chills, painful swallowing, stuffy nose, headache, muscle/joint ache, feeling unwell, fatigue, severe exhaustion, nausea, vomiting, diarrhea, unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye)?	Yes	No
2.	Have you returned to Canada from outside the country (including USA) in the past 14 days?	Yes	No

In the past 14 days

3.	Did you have close, unprotected, contact with a person who has a probable or confirmed case of COVID-19?	Yes	No
4.	Did you have a laboratory exposure to biological material (i.e. primary clinical specimens, virus culture isolates) known to contain COVID-19?	Yes	No

Visitors can only enter the facility if they can answer “NO” to all of the above.
This information is collected once. If an answer changes to yes, you must agree you will not access the facility until you

Trico Centre Phase 2 Fitness Centre - Reopening Guidelines

- Face coverings must be worn in the facility, up until you are performing athletic/physical activity (City of Calgary Bylaw 26M2020).
- The maximum number of persons allowed in the Fitness Centre is **60 participants, 30 participants** in the Aquatics areas (10 in hot tub), and varies by activity in the arena, under the return to sport guideline put out by the Government of Alberta. This being said there are a lot more restrictions that influence safety under these guidelines. These include, however are not limited to, cohorts, distancing, locker room capacities, use of PPE, etc.
- Coming **prepared for your activity is strongly recommended**.
- While some lockers are available; coin operated lockers are not – please bring your own lock.
- Water fountains are temporarily closed, bottle filling station in the Fitness Centre is open.

- Every patron is responsible for sanitizing their own fitness equipment (i.e. elliptical, treadmills, free-weights, weight machines, etc.).
- Please follow travel paths (directional arrows on the floor).
- Do not wear a mask when performing high intensity exercise and/or wet.
- Spotting can only be performed by a person who is in your cohort.
- Do not work in sets or share equipment.
- 10 visit passes are not transferable and your photo is required on file.
- At this time, we are not implementing a sign-up system for Fitness Centre usage and attendance will be first come first serve to our capacity.
- **Reservation of pool time, arena admissions and group classes is mandatory. Please register for Giga Sports (<https://igniter.gigasports.com/home/login/trico>).**

OVERVIEW	
What is available	What is NOT available
Fitness equipment (cardio, strength, power racks, and free weights) Fitness classes (sign up only) Personal cleaning package (individual spray, towel, pen for sign up) Small fitness items such as cable attachments, bands, and ankle straps Sanitizing stations Bottle filling station/bottled water for sale Full change room access Swimming Pool, waterslide & hot tub (sign up only) Life jackets and aqua belts Arena admissions (sign up only)	Larger fitness equipment that cannot be sanitized (ie. battling ropes, TRX, etc.) Gymnasium, and steam room access Fans on equipment, pedestal fans and Studio 1 fan Water fountains Use of track Some equipment has been moved out of the Fitness Centre allowing for social distancing Some pool toys (ie. pool noodles for public swim) Hairdryers Fitness Centre / Arena showers

By signing this document, I agree to follow the above regulations. Anyone that is found to be not following the posted rules will be asked to leave the facility immediately. This is very important, as AHS will be monitoring facilities for compliance.

PRINT NAME

DATE

SIGNATURE

MEMBER #