



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.**

Trico Centre March 2021 - Reopening Guidelines

- Face coverings must be worn at all times in the facility including while exercising. (City of Calgary Bylaw 26M2020).
- **Pre-booking in the Fitness Centre is now required.**
- Pre-booking is required for group fitness classes.
- Only low intensity exercise is permitted. It is up to each individual to monitor their own intensity.
- The maximum number of persons allowed in the Fitness Centre is **30 participants** under the return to sport guideline put out by the Government of Alberta.
- Coming **prepared to work out is strongly recommended.** Showers and lockers are temporarily closed. Bags can be stored in cubbies at your own risk. Please bring indoor shoes.
- Water fountain temporarily closed, bottle filling station in Fitness Centre is open.
- Every patron is responsible for sanitizing their own equipment (i.e. elliptical, treadmills, free-weights, weight machines, etc.).
- Please follow travel paths and signage.
- Do not work in sets or share equipment.
- Individual workout only. (No partner or group workouts).
- Must keep at least 3 meters apart.
- 10 visit passes are not transferable and your photo is required on file.

OVERVIEW	
What is available in the Fitness Centre	What is NOT available in the Fitness Centre
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 Cubbies	Showers Larger fitness equipment that cannot be sanitized (ie. battling ropes, TRX, etc.) Pool, gymnasium, arena 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

EVERY PERSON THAT ENTERS OUR FACILITY 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 have followed the protocol set by AHS.

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.

PRINT NAME

DATE

SIGNATURE

MEMBER #