



STARTING

MAY 25

FITNESS REOPENING: PHASE 1

WWW.NSWC.CA

WHAT DO I NEED TO DO BEFORE I GET TO THE CLUB?

- If you are sick or have any Covid-19 symptoms whatsoever, you are not allowed to come to the club
- Please ensure you fill out and sign the online self-declaration form for each member of the family. This will be saved in our database and checked at the front door upon entry.
- **The waiver must be filled out before visiting the Club.**
- The waiver can also be filled out/signed online from a desktop computer only and either scan your document and email to info@nswc.ca (preferred) or print out and bring a copy to the club. Copies of the waiver are available upon entry if needed.
- These only need to be filled out once, and will be filed with the Club.
- Please arrive 5-10 minutes before your booking time as there could always be a short wait during your entry procedure
- Only members who have pre-booked online or by calling Member Services will be allowed access to the club and must check-in at Member Services, no drop-ins. Please see below for details.

WHAT ARE THE PROCEDURES FOR USING THE FITNESS CENTRE?

- Fitness Centre hours will be 8:00am – 8:00pm
- Members must follow the recommended physical distancing requirements of staying two meters (six feet) apart at all times.
- Entry/pathway to the fitness center is clearly marked. Member services entry, pool deck entry/exit doors, pool deck walkway, fitness center patio entry/exit doors
- Please ensure you wash your hands for 20s with soap before entry into the Fitness Center.
- Male and Female washrooms on the fitness floor will be open. Limited to 1 person in at a time.
- Sr. Locker Rooms remain closed; there will not be accessibility to showers at this time. Please shower at home.
- Workout clothing and shoes must be clean and sanitary
- Limited equipment will be available to ensure safe distancing 30 minute max time on all cardio equipment
- Rectangular sections will be taped onto the floor and you are required to perform all exercises within these designated sections
- Equipment may be carried from their storage area into your designated exercise section



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- Barbells and plates must remain within their own squat rack
- **Members must sanitize all equipment after use**
- Sanitizing stations will be clearly marked and available throughout the Fitness Center
- Towels will **NOT** be provided (please bring your own)
- Water or cups are **NOT** available in the fitness center. (Please bring your own pre-filled water bottle)
- Booking access will only be permitted to members that are in **Good Standing**. Members accounts must be current within 60 days, or have a pre-arranged payment plan set up with the Accounts Manager, Kristeen DeGobbi, (778-588-9491)
- Children **under the age of 16** must be accompanied by a caregiver or adult who actively supervises at all time. Immediate family only. One parent supervisor only needed per pre-booked group.
- You can advance book three (3) sessions per week (Mon-Sun). If the 8 spots are not full the day of, you may book yourself into an available time slot.
- Cancellation notice of 8 hours will be strictly enforced. No shows and late cancellations will be charged \$25, and will count towards one of your weekly booking allocations

HOW DO I BOOK A PERSONAL TRAINING OR SMALL GROUP TRAINING SESSION?

- Group training will be limited to up to 4 per group, per trainer.
- To book personal training sessions, please contact Fitness Director Garth Prouse gprouse@nswc.ca or contact your current NSWC fitness trainer.

WILL THERE BE FITNESS CLASSES AVAILABLE?

- We will start to offer classes outdoors, weather dependant.
- Classes will be offered indoors as soon as capacity restrictions are updated.
- Please check Mindbody for our class schedule

HOW DO I BOOK A WORKOUT SLOT?

- Visit Game Time by clicking Fitness Centre
- Members can book a 75 minutes session by clicking on 1 of the 8 available slots. There will be a 15 minute gap between sessions to address a safe transition and cleaning/disinfecting.