



SOUTH EAST GREY COMMUNITY HEALTH CENTRE COMMUNITY GYM CODE OF CONDUCT

- 1) Prior to utilizing the gym facility, each person shall fill out the following: Participant Agreement, “Get Active” Questionnaire, and email consent for sign up system.
- 2) **Vaccine Requirement Policy:** The South East Grey Community Health Centre (SEGCHC) is committed to building healthy communities. We continue to follow the government’s vaccination regulations policies for specific settings, to ensure the health and safety of our staff, patients, visitors and community members. Currently, proof of vaccination is not required.
- 3) All staff, volunteers and members of the public are required to self-screen for COVID-19 symptoms before entering the gym facility. Please do not attend if you screen positively, and/or if feeling unwell.
- 4) Sign-in every time you attend the gym.
- 5) Please use hand sanitizer on entry and exit.
- 6) **Mask Protocol:** Currently, with the provincial guidelines associated with Covid 19 protocols, we are no longer requiring masks to be worn in the gym. Masks will be a personal choice and there will be some available at the door.
- 7) To promote physical distancing, please ensure that you maintain 2m between other patrons.
- 8) There is to be no physical contact with each other (i.e. no high 5’s, hugs, or sharing of any equipment).
- 9) **Equipment:**
 - You MUST clean your equipment before and after use using the cleaning cloths and sanitizing spray provided. Please discard used sanitizing cloths in the receptacle provided.
 - Please put away any equipment you have used.
 - If concerns with any piece of equipment, please write it in the “Maintenance Binder” on site for staff to review.
 - If the gym is busy, please respect a 30 minute time limit on machines.



10) Eating and Drinking:

- Food is not permitted in the gym.
- When drinking water, please ensure you are at least 2 meters away from the nearest person and replace your mask immediately when finished.

11) Change Rooms:

- Please come ready to work out in appropriate gym clothing.
- Only clean indoor shoes are permitted.
- You are welcome to bring and keep a small bag with you to hold your clean indoor shoes, mask and water bottle.
- You are permitted to utilize the change room to change following your workout, however, items will not be permitted to be left on site.
- Please utilize the change room individually.

12) If wanting to listen to music, please listen to it individually on your headphones.

13) Please keep conversations at a reasonable volume and refrain from using offensive language.

14) Please refrain from wearing scents.

15) If children and youth are under 14 years of age, they will require adult supervision.

- To utilize weight equipment, youth need to be 14 years of age and older.

16) **Socializing and Congregating:** Please socialize outside, at a distance wearing your mask. Physical distancing must be maintained in all areas of the SEGCHC, including the hallways, entrances, gym facility.

17) AED and First Aid Kit is available on site as needed.

18) Any questions, please ask a staff member.

ENJOY YOUR WORKOUT!