

# BPM Indoor Cycling Inc. dba. BPM Fitness Centre

## COVID-19 Safe Operations Plan

Updated December 7<sup>th</sup>, 2020

The following COVID-19 Safe Operations Plan is in place to protect the health and wellbeing of our patrons and staff while continuing to serve our community's fitness needs. The following Plan was developed in accordance with WorkSafe BC's "Guide to Reducing the Risk of COVID-19" and is subject to revision as more information becomes available.

### **Workplace Risk Assessment**

BPM has several common spaces, and touch points, where the risk of transmission could be introduced. These areas include common surfaces such as the front desk reception area, seating areas, and washrooms. Touch points including door handles, walls, light switches doorways, lockers, computer and keyboard/mouse, as well as fitness equipment. To avoid contamination, please be aware of this risk.

### **Sanitation**

BPM Staff will continue to rigorously sanitize all common surfaces and touch points to prevent contamination. We also ask that our patrons sanitize anything they touch especially fitness equipment. Each workout zone contains sanitizer spray and wipes. Patrons also have access to additional disinfecting wipes, disinfecting spray, hand sanitizer, and hand washing areas (washrooms). Equipment will not be shared unless thoroughly sanitized first. BPM will also post signage reminding everyone to wash their hands and wipe down all surfaces after contact. Upon entering a studio, patrons will be required to sanitize their hands at the front desk.

### **Staff Measures to Reduce the Risk**

To reduce the risk of COVID-19 in our studios, BPM staff will uphold a rigorous regime of sanitation on all common surfaces and touch points. In addition, BPM will prioritize safety, training, and support for staff to protect against the spread of COVID-19. Staff will be supported with ongoing dialogue and problem solving to minimize the risk and impact to patrons. A new staff policy around proper workplace sanitation practices, in addition to a sick policy, will be enforced. If staff are sick, feeling ill, or experiencing any symptoms of COVID-19 they will be asked to stay home and self-isolate for 14-days when applicable. Upon returning from any International travel, staff will also be asked to self-isolate for 14-days.

### **Physical Distancing**

BPM enforces a strict 2-meter (6-foot) social distancing policy among staff and patrons. In addition, masks are mandatory until you are in your workout zone. You must wear a mask into

the facility, out of the facility, while grabbing equipment and while putting equipment away. Where distance cannot be maintained, a plexiglass barrier or mask will be provided, such as at the front desk. Social distancing signage will be posted in common areas. Studio capacity will be reduced to 10 participants per access-time and only one staff member will be scheduled to work the front-desk at any given time. Only one patron will be permitted in reception at a time and only one will be allowed in the changeroom at any time. BPM will host a maximum of 16 people including participants, clients Trainers, Instructors, and Staff on the floor, while other non-working staff members will be restricted to their office areas. All patrons are required to arrive wearing a mask and changed for their workout, so they do not need to access changeroom facilities. Participants will be required to stay in their 3m x 3m workout zone and remain at least 6-feet away from one another.

### **Physical Exertion**

BPM has removed all high-intensity classes from our schedule to focus on “Supervised Individual Workouts” otherwise known as “Supervise 60” in our schedule. The focus of these workouts is strength and technique-based exercises. In addition, our capacity has been reduced to 10 per access-time to reduce the risk of coming into contact with aerosolized water-droplets.

### **Sick Policy**

All patrons or staff who are sick, feeling ill, or experiencing any symptoms of COVID-19 are asked not to enter BPM studios and self-isolate for 14-days to stop the spread of the virus. If you think you may have COVID-19 we encourage you to call 8-1-1. Anyone returning from International travel will be asked to stay home and self-isolate for 14-days. If staff are sick, ill, or experiencing symptoms of COVID-19 (including but not limited to sore throat, sneezing, coughing, fever, headache, and loss of taste) they will be required to notify BPM Management immediately and go home. If a patron contracts COVID-19 after visiting a BPM studio, we ask that they notify BPM Management immediately so we can perform contact tracing with the health authorities.

### **Vulnerable Populations**

If you or someone you spend time with identifies as a vulnerable population, BPM asks that you please stay home. To protect our vulnerable, we must reduce the risk of contamination at all costs. BPM Management is happy to discuss any issues or concerns regarding this.

### **Mental Health**

BPM understands the adverse affects COVID-19 may have on your mental health. We believe mental health is just as important as physical health, which is why we are here to support you any way we can. Whether for a workout or just a chat, we are here for you. Remember, we are all in this together and will weather this temporary storm together.