



ONYX FIT COVID SAFETY MEASURES:

We are super excited about the announcement of phase 3 and we want to make sure you know about all of the additional health and safety precautions we are taking at ONYX FIT to keep our beloved staff and members safe and protected.

WE CARE ABOUT YOU!

ONYX FIT is committed to effectively prevent, manage and control the spread of COVID-19 in order to minimize the adverse health impacts on athletes, families and staff. We have put together a guide based on public health guidelines and these will be adapted and revised as needed.

If you are experiencing flu like symptoms such as, A FEVER, COUGH, SHORTNESS OF BREATH please stay home.

Symptoms of COVID-19 (referred to as COVID-19 symptoms in this document) can vary person to person, and may also vary in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills

- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Children have been more commonly reported to have abdominal symptoms, and skin changes or rashes.

Self-isolating (referred to as self-isolate in this document) means staying at home and avoiding contact with other people to help prevent the spread of disease.

You must:

- Go directly home and/or stay at home if you have:
 - o Been diagnosed with COVID-19, or are waiting to hear the results of a lab test for COVID-19
 - o Any symptom of COVID-19, even if mild, and have
 - been in contact with a suspected, probable or confirmed case of COVID-19
 - been told by Halton Public Health or through a self-assessment tool that you may have been exposed to COVID-19
 - o Returned from travel outside Ontario
- Monitor your symptoms as directed by your healthcare provider or Halton Region Public Health until they advise you that you are no longer at risk of spreading the virus to others.
- Immediately contact your healthcare provider or Halton Region Public Health and follow their instructions if your symptoms get worse.

UPGRADED CLEANING SCHEDULE:

Facility and Equipment will be thoroughly disinfected throughout the day after each use. We have also allowed for more time between classes.

Cleaning Practices:

ONYX will be following public health protocol and will be undergoing an intensive daily deep clean using hospital grade disinfectants and cleaning solutions.

We will be also cleaning our space bi/weekly with a professional grade fogging machine filled with **Liquid Chlorine Dioxide disinfectant.**

Liquid Chlorine Dioxide is a hospital grade disinfectant that kills Corona Virus, Feline Calicivirus, Hepatitis A Virus, HIV-1, Poliovirus, Rotavirus, Influenza A virus, Rhinovirus, Canine Parvovirus, Adenovirus type 5, Herpre Simplex virus type 2, Vaccinia Virus, Norovirus, H1N1 Influenza Virus (swine flu)

For more information please visit:

<https://freshstart.pro/chlorine-dioxide/>

UPDATED PROGRAMMING:

We've updated our class schedule and programming with your health and safety in mind. Each member will workout in their own dedicated workout circle and will NOT have to share equipment during the workout. The length of each class will be 30-40 minutes to allow for enough time to clean and disinfect before the next groups arrival.

Group classes will require at least 6 feet between participants and will limit contact as much as possible. Markers will be visibly displayed on the floor.

Class attendance will be capped to prevent overcrowding

THE FOLLOWING AMENITIES WILL BE CLOSED:

- Towel service
- Water fountain
- Showers
- **Bathrooms can be used but must be sprayed and wiped down after each use**

HAND SANITIZER & DISINFECTING STATIONS: Will be readily available for your use throughout the studio.

STAFF HAND WASHING: Our Trainers and Health care Professionals will be washing their hands upon arrival, before and after **each** class or coaching/treatment session.

PLEASE BRING YOUR OWN MATS FOR ALL STUDIO A CLASSES

IF IT MAKES YOU FEEL SAFER PLEASE FEEL FREE TO BRING YOUR OWN DUMBBELLS AND BANDS TO CLASS. IT WILL ALSO ALLOW US TO HAVE AMPLE WEIGHTS FOR EVERYONE.

We are in this together, and we need YOUR help as we re-open to keep our studio as safe as possible.

1. **Workout Shoes Only:** We are asking that everyone use indoor shoes only (**no street shoes**) in the gym & studio. This will help avoid tracking in any germs or bacteria. Please bring a separate pair of sneakers to workout in.
2. **Air High-Fives!** At ONYX we are all about team work and connection but as much as we **LOVE** high-fives in the gym we will be switching over to **"AIR-FIVES"** **"SMILES"** and **"AIR HUGS"** until further notice.

3. **Hand Washing:** Please wash your hands before coming to the studio and avoid touching your face after hand washing.
4. **Keeping Equipment Clean:** Trainer's will spray down every piece of equipment that you use at the end of each workout.
5. **Please Stay Home If You're Not Well:** If you're not feeling 100%, please stay home and rest. (Our team will also be following this policy!)
6. **Please Avoid "Congregating" In Groups Before / After Class:** We will be following Public Health's Social Distancing guidelines and are asking clients to avoid gathering inside the facility in groups before, during, or after their workouts. Please know which studio "A or B" your scheduled class will be taking place in and follow the designated arrows. **If you arrive early for your workout, please stay in your car until 5 minutes before class start time**
7. **Masks and Towels:** PLEASE wear your mask into the studio and DO NOT take it off until class start time. Your mask is to go on again once class is over. **Trainers are to wear masks at all times.** PLEASE bring your own towel.
8. **Bottled water:** Our water fountain will be closed, so please make sure to bring your bottle of water.
9. **Reserve your workout and PLEASE SHOW UP: We get it life happens BUT** When a cancellation is NOT made within 12-24 hours prior to class start time , it makes it difficult to notify other members that may be on the wait list. As previously stated we will be running a modified schedule so any **late cancellations or no shows** will result in a loss of that session to a paying member and a \$10 late cancel/ no show fee will be **Automatically** charged to the credit card on file.
10. We love your kids, we **REALLY** do but unfortunately children are not permitted to wait in the lobby as per Public Health.
11. Class numbers will be capped to ensure physical distancing protocol is met.

Studio A - OBAR 12

Mat classes - 15

Studio B- 20 with 5- 6 outdoor spots facing towards the gym (weather permitting) industrial fan will be on and big bay door will be open to ensure proper air flow.

PHEW! That was a lot to cover!

Please know the above may change slightly if government recommendations change. Thank you so much for your patience as we navigate through the reopening of our beloved studio.

We can not WAIT to see you in person, hitting goals and staying healthy! As always, we are here for you. If you have any questions or need anything, please DO NOT hesitate reach out at any time.

Yours in Health
Lori-Ann McLeod
Owner