



The Steadward Centre Relaunch Plan

What YOU need to know to participate

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Things To Consider Before You Leave Home

- Before departing, please ask yourself the questions provided (below) related to COVID-19 symptoms, and if you have a “Yes” answer to any of these, do not come.
- Please come to the facility already changed and ready to exercise.
- You must bring your own accessory equipment (tensors for hand/foot wraps, ultrasound gel for use on electrodes after FES, etc.)
- You are encouraged to wear a non-medical or fabric mask during your time in our facility whenever possible. We realize you might not be able to wear it for exercise or if you have any pre-existing breathing conditions.
- You are encouraged to bring someone with you each session within your own personal cohort to assist you with exercise set-up, exercise take-down, etc. This helps reduce overall person-to-person exposure within our space. This is encouraged but not required (we will still have a floor monitor on at all times to assist if necessary). Please note if you are bringing someone, it should be the same person every time you come.
- You will need to bring your own tensor with you for hand and foot wrap. There may be other items we have had to take off the gym floor that cannot be properly sanitized (e.g., grip hooks) that you will have to bring to the gym yourself. These items will be determined on an individual basis from trying out the equipment on your first visit back.



Steps for Entering The Steadward Centre

STEP 1

After arriving for your scheduled time, wait at the roped off entrance for a TSC staff member or volunteer to ask you screening questions and bring you into the gym.

STEP 2

Use the hand sanitizer provided before entering the gym. There will be indicators (arrows) on the floor for you to follow in order to direct traffic flow throughout the centre.



What Has Changed?

1. Physical distancing protocols must be observed and followed at all times (the only exception to this will be receiving assistance with exercise set-up, execution or take-down).
2. We will be a Park and Use facility (please show up as close to your booking time as possible, and leave after exercising as soon as possible).
3. Some items will still be available for use but will be signed out at the gym desk, from either a TSC staff member or a TSC volunteer.
4. There will be 1 washroom open and available for use. You will need to inform a TSC staff member or volunteer you will be using the washroom so we can ensure proper cleaning protocols.
5. Please sanitize your hands prior to and following exercise. Hand sanitizer will be available on site.
6. Equipment must be disinfected prior to or after use by yourself or whoever is accompanying you. If you come alone and require support, a TSC staff member will be able to assist you.
7. Any fees owing for programs must be paid online via a credit card on an online account or by phone (780-492-1000)



Primary Measures and Considerations

- ★ You will be asked a series of questions related to COVID-19 symptoms upon arrival to ensure you are ready to enter TSC. The questions are listed at the end of this document. Please note if there is a “Yes” answer when you arrive, you will not be allowed to enter the facility.
- ★ Participants considered vulnerable or at risk (e.g., elderly individuals, immunosuppressed persons, folks with conditions such as high blood pressure, pulmonary diseases, diabetes, and asthma) are not recommended to exercise at The Steadward Centre at present time. This also applies to if you live with someone who is considered vulnerable or at risk. Please note we still encourage exercise at home if it is safe for you to do so, either independently or through using TSC@Home.
- ★ Please note we are using a cohort system. This means that if you are attending TSC, you should not attend other groups or activities where physical distancing is not possible.



Pre-Screening Questions Prior to Entry into The Steadward Centre

Does the attendee have any new onset (or worsening) of any of the following symptoms: (YES / NO)

- | | |
|---|--|
| <input type="checkbox"/> Fever | <input type="checkbox"/> Feeling unwell / Fatigued |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Nausea / Vomiting / Diarrhea |
| <input type="checkbox"/> Shortness of Breath / Difficulty Breathing | <input type="checkbox"/> Unexplained loss of appetite |
| <input type="checkbox"/> Sore throat | <input type="checkbox"/> Loss of sense of taste or smell |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Muscle/ Joint aches |
| <input type="checkbox"/> Painful swallowing | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Runny Nose / Nasal Congestion | <input type="checkbox"/> Conjunctivitis (commonly known as pink eye) |

Has the attendee travelled outside of Canada in the last 14 days?
(YES / NO)

* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above.



Pre-Screening Questions Prior to Entry into The Steadward Centre (Continued)

Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days? (YES / NO)

Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days? (YES / NO)

* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

** 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above.



Checklist of Coming Back to The Steadward Centre

Before You Leave:

- Pass the Health and Symptom Questions Checklist
- Wear Exercise Attire To and From Facility
- Prepare Personal Accessory Equipment (tensors for hand/foot wraps, ultrasound gel for use on electrodes after FES, grip hooks, etc. Based on the First Visit Back)
- Wear a Non-medical or Fabric Mask
- Bring a Buddy, and Keep Bringing the Same Buddy (for exercise set-up & take-down)

Considerations :

- ★ Participants considered vulnerable/at risk, or live with someone who is, are not recommended to exercise at The Steadward Centre at present time. (elderly individuals, immunosuppressed persons, folks with conditions such as high blood pressure, pulmonary diseases, diabetes, and asthma)
- ★ We encourage exercise at home if it is safe for you to do so, either independently or through using TSC@Home.
- ★ We are operating under a Cohort System (if you are attending TSC, you should not attend other groups/activities where physical distancing is not possible)



Checklist of Coming Back to The Steadward Centre (Continued)

Arriving at The Steadward Centre:

- Park and Use Facility (don't arrive early, and do leave through the specified gym exit)
- Wait at the entrance for the TSC staff screening questions before entering the gym
- Follow indicator arrows on the floor and use the sanitizer before entering the gym
- Follow Physical Distancing Protocols (arrows, masks, sanitizing, no/limited contact)
- Signing In and Out at the Gym Desk (Personal Equipment, and Bathroom Usage)
- Sanitize Your Hands Prior To and Following Exercise (sanitizer available on site)
- Disinfect Equipment Prior To or After Use by Yourself/Buddy/TSC Staff Member
- Program Fees must be paid online with a credit card (account/phone 780-492-1000)

Thank you in advance to everyone for your patience and understanding as we re-launch our physical space in the safest way possible!