



COVID-19 Reopening Guidelines

What's New?

We've renovated! Our cardio space has been opened up and you will notice a greater ease of movement around our equipment. Both our weight room and paddle room have seen minor adjustments to accommodate all of our equipment in a COVID-safe way, and the changeroom is open once again. While our space mostly remains unchanged, we ask that you do not move equipment (including pergs) and that you follow all COVID safety signage throughout the facility. Our current capacity is limited to **25 people** including any coaching staff.

In September, we will be introducing Glenda Costa to our facility! She will be joining us as our in-house personal trainer and her details and bio will be available on our website soon. Stay tuned for all info regarding appointments, fees and all things personal training, or reach out to us today to connect you!

Coming Soon – The Paddle Zone Treatment Room!

This October, Paddle Zone will begin offering a variety of treatment services IN our facility! We are currently putting together a great group of rotating services including physiotherapy, massage therapy, and more! Stay tuned for details over the next month or reach out to use directly.

Hours & Scheduling

As of October 1st, 2020, all members are required to book their Paddle Zone time using our online schedule.

In order to best serve our client base during this ongoing pandemic, we are going to continue to use our online booking system. Member sessions will be offered in 90-minute increments and athletes are welcome to book back-to-back sessions if required. Members continue to be responsible for cleaning their own equipment at the conclusion of their workout and major sanitization of common spaces will continue to be done twice daily. Individual members will not be permitted to use the facility while any team training is taking place.

This will be the link used to book your training time: [Paddle Zone Schedules](#)

Reopening Guidelines for all Members:

Prior to returning to our facility, please note:

- ***In order to return to our indoor facility, you must be fully vaccinated*** (two valid vaccines more than 14-days prior to attending the facility). If you are planning to return to our facility, you must first complete an online waiver and vaccination attestation form, found here: [Waiver & Attestation](#)
- You may not enter if you are ill, have been out of the country within the past 14 days, or have received a COVID positive test result and/or have come in contact with a COVID positive patient in the past 14 days.
- You must wear a face covering in all public areas including the front foyer, the changeroom and when moving throughout the facility.
- A staff member will only be on duty Monday – Friday from 10:00am – 2:00pm.

Upon returning to our facility, please adhere to the following procedures:

- Sanitize your hands upon entry and ensure you are wearing your mask.
- Complete the mandatory sign-in and contact tracing form.
- While moving throughout the facility, please follow physical distancing guidelines at all times.
- Air purifiers have been added to each workout space and garage doors should be kept open as necessary to improve air circulation.
- When finished with equipment, please thoroughly wipe down all areas that you have come in contact with. Major sanitization of all common surfaces, areas and equipment will be done twice daily by staff.

When leaving our facility:

- Please Sign-Out at the front desk prior to leaving.
- Ensure that all personal belongings are removed from the facility, including shoes and gym equipment.

Paddles Up!

The Paddle Zone Team