

Alkame Paddle Zone

Updated: Reopening Guidelines (COVID-19)

What's New?

In order to best serve our clients and members, we have made a few minor changes to where our equipment is housed. Our paddle room remains the same, with all of our PERG's appropriately spaced and marked to provide physical distancing between machines. Our weight room has seen minor changes with some equipment being moved for appropriate spacing, and we have also converted our "yoga/conference" room into a cardio space, in order for clients to space themselves out throughout the space. You will notice that we have added a few televisions to our space, and both athletes and coaches are encouraged to stream music or video to these by using our Chromecast system, or connecting directly with an HDMI cable.

While our space mostly remains unchanged, we have ensured that all of our equipment is appropriately spaced to allow for physical distancing at all times and we have implemented new room capacities to keep everyone safe. Our full facility capacity is limited to **18 people**, including any coaching staff.

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 have created new hours of operation, as well as an online booking system. Member sessions will be offered in 70-minute increments, allowing time for you to arrive and depart while still being able to maintain a full 60-minute workout. While you are in the facility, it is your responsibility to reserve the area/equipment that you are going to use, and you are welcome to book back to back sessions if there is space to do so. We have added in an additional 10 minutes between bookings to allow as little contact between members as possible. Major sanitization 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 Protocols for all Members:

Prior to returning to our facility, please note:

- 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 and the changeroom. (Masks are not required while working out, but they are recommended).
- 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 form.
- Prepare for your workout by proceeding to the changeroom or washroom areas. Given the limited space available, it is highly recommended that you come into our facility already changed.
- While moving throughout the facility, please follow physical distancing guidelines at all times.
- Please adhere to all maximum capacity numbers throughout each room:
 - Only 2 people are permitted in the changeroom at a time.
 - Only 3 people are permitted to be in the weight room at a time.
 - Only 3 people are permitted to use the cardio room at a time (previously, the yoga/conference room)
 - Only 10 people are permitted to be in the paddle room at a time.
- 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