

Covid-19 Questionnaire

Are you experiencing cold, flu or COVID-19-like symptoms?

Fever, chills, cough or worsening of chronic cough, shortness of breath, sore throat, runny nose, loss of sense of smell or taste, headache, diarrhoea, loss of appetite, muscle aches, fatigue, nausea and vomiting.

While less common, symptoms can also include:

stuffy nose, conjunctivitis (pink eye), dizziness, confusion, abdominal pain, skin rashes or discoloration of fingers or toes.

Have you had exposure?

- Travelled out of BC in the past 14 days
- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient
- Had to self-isolate within the last 14 days
- Travelled to, reside or work in local areas with reported COVID-19 cases
 - Exposure to a person under investigation (PUI) for COVID-19

If you answered 'yes' to any of the above, please do not enter the studio.

Temperature Check: _____ Time: _____

Date: _____

Client: _____

Signature: _____

Please keep us informed if this information changes at any time.

ReAlignment Lab

Functional Training & Massage Therapy

WHISTLER, BC, CANADA

The health of our clients is and always will be our top priority. The COVID-19 safety protocols stated below aim to provide a safe and healthy environment so everyone can continue their fitness journeys with ease and confidence.

We will do our best to ensure that every client feels safe and comfortable, whether it is in class, one on one, or at home.

We will be regularly monitoring the recommendations from WorkSafe BC, Vancouver Coastal Health and the Whistler Municipality to ensure our protocols are up to date.

If you have any questions please do not hesitate to ask.

Covid-19 Procedures

KyleKamp and Functional Yoga & Mobility Classes

Indoor Classes:

KyleKamp will be capped at 8 participants only.

Each client will be designated an exercise mat (marked by tape) to stay on during the workout. There will be 2.5 metres of space between individuals.

Air ventilation will be maintained before, during and after each class.

Masks are to be worn at all times in the building and can only be removed once you are on your mat.

Please use the hand sanitiser when you enter the building, if you use the washroom and when you exit the building.

Outdoor Classes:

KyleKamp will be capped at 10 participants only.

Each client will bring their own mat. Cones indicate where clients can set up their mats and have been spaced 2 metres apart in accordance with health guidelines.

Hand sanitiser is nearby for use before, during or after class as needed.

Virtual Classes

KyleKamp will also be offered in virtual sessions on Zoom for those who prefer non-contact sessions.

Before Sessions

Indoor Classes:

Please wait for sessions in your car, or by waiting in the lifting studio (socially distanced). If your session is after another class or client please wait until they have left the studio, and when possible, please try to maintain physical distancing when using the stairs.

Outdoor Classes:

Please do not congregate in groups before, during and after classes.

Cancellations

There will be no drop-ins allowed at this time (indoor or outdoor classes).

All reservations must be made in advance. Please do not come to your session if you are feeling unwell. Use our COVID-19 questionnaire to help monitor your symptoms.

There will be no cancellation penalty if exhibiting symptoms of COVID-19.

Occupancy

Please adhere to the posted signage with the occupancy limits for the designated workout space (as designated by the BC Ministry of Health).

Cleaning

All touch hotspots will be regularly cleaned and disinfected throughout the day (door handles, bathroom, shoe rack, lockers, front desk etc.) Cleaning will be carried out using Sabre medical grade cleaning solution which is to be mixed with water at a ratio of 16:1 in spray bottles. The studio and equipment will also be cleaned and maintained before and after each session.

Equipment

Indoor and Outdoor Classes:

We will be providing any equipment needed for classes and personal training sessions.

All equipment will only be handled by Kyle or Amanda and will be thoroughly cleaned before and after use.

There will be no sharing of equipment.

Weightlifting

Light weightlifting is considered low intensity by the BC Ministry of Health.

Training activities that necessitate close contact with other people (e.g. spotters during weight training and partnered exercises) are discouraged by WorkSafeBC and will be replaced with alternate exercises.

Handwashing/Sanitation

Proper hand hygiene will be practiced at all times, using an alcohol-based hand rub or handwashing before and after any contact. There are hand sanitiser stations throughout the building (front door and bathroom).

Self-Monitoring, Temperature Checks and Questionnaire

Please practice self-monitoring and inform us if you think you have, or may have been exposed to COVID-19. Below is a questionnaire to help monitor your own health, please use this before entering our building.

Clients will be required to have their temperature taken prior to the start of every session using a contact-less thermometer (indoor classes).

Covid-19 Self Monitor Questionnaire

Are you experiencing cold, flu or COVID-19-like symptoms?

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Have you had exposure?

- Travelled to other countries or out of BC in the past 14 days?
 - Exposure to a confirmed COVID-19 patient?
 - Had to self-isolate within the last 14 days?
- Travelled to, reside or work in local areas with reported COVID-19 cases?
 - Exposure to a person under investigation (PUI) for COVID-19?

If you answered 'yes' to any of the above, please do not come to your session.

Thank you for your understanding and consideration.

Kyle & Amanda