



North Island Métis

Room A123A – 740 Robron Road
Campbell River, B.C. V9W 6J7
250-287-7417 office@nimetis.com
www.nimetis.com

COVID-19 Operation Safety Plan for Outdoor Fitness

All fitness programs will be run outdoors with registration requirements and participation capacities until further notice to ensure physical distancing is practised and to minimize possibilities of the spread of COVID-19. This safety plan will be posted in the NIMA office, and be available by request and on our website.

Protocols for employees and contractors

PERSONAL DISTANCING

1. Employee and contractors must adhere to occupancy limits posted on the doors of the NIMA office
2. NIMA office occupancy limit is currently maximum 4 people.

USE OF PUBLIC WASHROOMS

1. Instructors are advised not to use public accessed washrooms during this time.
2. Instructors are advised to direct public to public washrooms only when necessary
3. Instructors must provide verbal information before each event on proper hand washing.

LIMITING SOCIAL INTERACTION

Employee and contractors are encouraged to minimize their in-person social interaction as much as possible by practising the following:

1. Any extra communication needed will be done via email or phone.
2. Maintaining safe physical distance between staff, instructors and public.
3. All fitness classes and personal training sessions will take place outside. Instructors must bring their own cell phone for emergencies. NIMA can provide a first aid kit
4. Only a maximum of 10 participants per class and 1 instructor will be allowed.
5. In the event of inclement weather where the class can not continue, classes will be cancelled.
6. Any instructor interactions will take place outside, by phone or email.
7. There will be no overlapping classes, participants will be asked to arrive no greater than 10-15 minutes prior to start of class.
8. Fitness instructors will maintain safe physical distance. If unable to ensure safe distancing, disposable masks will be used by both instructors and participants.

CLASS REGISTRATION

1. Participants are required to register for programs via email or phone. No physical documents will be handed to instructors or vice versa. All confirmations, receipts and waivers will be electronic.



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SANITATION OF EQUIPMENT

1. Participants will be provided the required fitness supplies to keep as their own, unless otherwise specified.
2. Participants will be required to wipe down all equipment at the end of class. NIMA will provide cleaning supplies, masks, gloves and sanitizer as needed.

PUBLIC INTERACTIONS

1. Participants will be required to maintain social distancing with instructor and each other when participating in programs
2. Signage and ground markings will be used to designate areas for participants during activities
3. Checking in will be done verbally, one at a time. Instructors will keep a record of all participant attendance with names and phone numbers for every class.
4. Every class, participants are required to verbally verify that they (or other household/close contacts) are not showing any symptoms which may be COVID-19 related, have not been asked to isolate, and have not left the country in the last 14 days.