

**JOHN ABBOTT COLLEGE
CASGRAIN WEIGHT ROOM
PUBLIC USE
COVID-19 GUIDE**



JOHN ABBOTT COLLEGE
**SPORTS CENTRE
CENTRE SPORTIF**
CÉGEP JOHN-ABBOTT



JOHN ABBOTT
CEGEP/COLLEGE

BEFORE YOUR VISIT:

In order to reduce the risk of transmission of the COVID-19 virus, each individual entering the building must complete the John Abbott College COVID-19 Health Declaration.

This form must be completed:

- on the SAME DAY as your visit (it can be completed at home in advance)
- for each individual
- <http://johnabbott.qc.ca/checkin>
- If you test positive for COVID-19 within 2 weeks of visiting the College please contact Patrice Lemieux at patrice.lemieux@johnabbott.qc.ca.

SCHEDULE/ ACCESSIBILITY:

- All public weight room hours will be available by reservation only.
- Multi-use cards and memberships can be purchased online at <https://johnabbott-sport.omnivox.ca>.
- You must reserve a time slot online via;
 - <https://outlook.office365.com/owa/calendar/PublicWorkoutFacilities@JohnAbbott.onmicrosoft.com/bookings/>
- Time blocks will be one hour in length with a 15 minute buffer period before the next group.
- MAXIMUM OF ONE TIME SLOT PER DAY, PER FACILITY, PER PERSON. For example, you can book one weight room session and one pool session but NOT two pool or weight room sessions.
- Spectators are not permitted.
- **Individuals must come prepared to work out**; locker rooms are prohibited for fitness.
- One milk-crate per person will be available to put your personal belongings (phone, wallet, keys). Please avoid bringing bags, jackets and other large personal items.

WHAT TO BRING:

- PROCEDURAL mask (you will not be permitted to enter without one and will be turned away by Security).
- Water bottle (refill stations only).
- Workout towel.

UPON ARRIVAL:

- Access to the facility is restricted to participants with a reservation.
- Participants are asked to arrive to the college no more than 10 minutes before their scheduled fitness period.
- Please respect physical distancing **AT ALL TIMES**.
- Masks must be worn by all individuals at all times, even while doing their exercises/ workout.
- Individuals must sanitize their hands at sanitizing station upon entering the building.
- Individuals must check in with security to confirm their COVID-19 health declaration is completed.
- Once checked in by security, participants must check in at the counter with the Sports Desk staff.

ACCESSING THE WEIGHT ROOM & SANITARY MEASURES:

- Wearing a mask, individuals will take one spray bottle & cloth to sanitize equipment.
- Equipment must not be shared during a workout.
- Equipment must be sanitized between activities and participants.
- When cleaning the equipment, it is best to spray the cloth and then wipe the equipment rather than spraying the equipment directly.
- Procedural masks are mandatory at all times and must not be removed while doing exercises/ during work out.

WHEN FINISHED WORKOUT:

- Sanitize and put away all of your equipment.
- Return spray bottle to Sports Desk counter.
- Discard cloth into blue hamper to be washed.
- Participants are asked to promptly exit the building after their workout period.

A SHARED RESPONSIBILITY:

- John Abbott College is doing everything in our power to minimize the risk of transmission of COVID-19. Participants are required to play an active role in transmission prevention by following the government recommendations;
 - Maintain physical distancing.
 - Wash/ sanitize your hands.
 - Wear a procedural mask. **Please remember that an effective mask is a dry mask.**
 - Avoid touching shared surfaces.
 - Respect disinfecting procedures for any shared equipment.
 - Stay home if you are sick.

PREVENTING INFECTIONS:
It's a collective responsibility

Implementation of care environment protocols

Cough into your sleeve

Throw away used tissues

Wash your hands

Keep your distance
1 à 2 mètres

Follow recognized hygienic practices

Québec.ca/coronavirus
Toll free: 1-877-644-4545

Votre gouvernement

Québec