

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



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



JOHN ABBOTT
CEGEP/COLLEGE

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.
- 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

Follow recognized hygienic practices

Qu bec.ca/coronavirus
Toll free: 1-877-644-4545

Votre gouvernement

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The infographic features a dark blue header with the title 'PREVENTING INFECTIONS: It's a collective responsibility'. Below the header, there are five circular icons illustrating key hygiene practices: 1. A person in a white coat with a plus sign, representing 'Implementation of care environment protocols'. 2. A person coughing into their sleeve, labeled 'Cough into your sleeve'. 3. A hand dropping a tissue into a trash bin, labeled 'Throw away used tissues'. 4. Hands being washed with soap and water, labeled 'Wash your hands'. 5. Two people standing apart with a double-headed arrow between them, labeled 'Keep your distance 1   2 m tres'. At the bottom, there is a blue box with a question mark icon containing the website 'Qu bec.ca/coronavirus' and the toll-free number '1-877-644-4545'. The footer includes the 'Votre gouvernement' logo on the left and the 'Qu bec' logo with the provincial flag on the right.