

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



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.
- Lockers are available to put your personal belongings (phone, wallet, keys). **We strongly recommend the use of a lock to protect your belongings. We are not responsible for lost and/or stolen objects.**

WHAT TO BRING:

- PROCEDURAL mask (available for you at the entrances of the Casgrain building)
- 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.

