

USER HEALTH AND SAFETY GUIDELINES AT THE FITNESS CENTRE

ACCESS TO SAAS FITNESS CENTRE

Access to the St. Augustine Academy of Sport (SAAS) Fitness Centre is currently restricted to **UWI STAFF ONLY** at this time.

BEFORE YOU TRAIN

- All users should be aware of signs and symptoms of COVID-19 communicated by the Ministry of Health, including fever, cough, difficulty breathing, muscle aches, tiredness, sore throat, headache, runny nose and loss of taste or smell.
- **DO NOT** come to the Fitness Centre if:
 - you are exhibiting any symptoms of the novel coronavirus listed above
 - you have been in contact with someone with COVID-19 in the last 14 days
 - you are a vulnerable individual, that is, an elderly individual and/or an individual with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma and those whose immune system is compromised such as by chemotherapy for cancer and other conditions requiring such therapy
 - you have allergies and cannot control sneezing
- Face masks must be worn upon entering and on exiting the Fitness Centre.
- If a person has a temperature greater than 37.5°C with fever or strongly associated symptoms consistent with COVID-19, then he/she is not allowed into the premises.
- Users are required to sign in and out on the Fitness Centre Register.

TRAINING SCHEDULE

- Workout sessions at the Fitness Centre will be done by appointment only. Please visit <https://www.picktime.com/specstauwi> to book your session.
No walk-in sessions are permitted at this time.
- Each user is allowed a maximum of 1 hour at the Fitness Centre per day, for a maximum of 5 days per week. **Users that opt to train 5 days per week will be limited to 3 days during peak time (6 am - 8 am and 4 pm – 6 pm) and 2 days off-peak.** If you are late, you will have to reschedule if you do not wish to train for the remainder of your scheduled hour. If you miss your appointment, you will have to schedule a new one.
- Only a maximum of 8 persons will be allowed to train in the Fitness Centre at any one time. No circuit training is permitted at this time.
- Plan your workout routine ahead of time to avoid lingering and socializing.

PREPARING TO TRAIN

- Wash your hands with soap and water for at least 20 seconds at the sinks provided outside the southern entrance of the Sport and Physical Education Centre before beginning training. If soap and water are not available, use the alcohol-based hand sanitizer, (minimum 60% alcohol content) located at the entrance of the Fitness Centre.
- When walking through the Fitness Centre, maintain a distance of at least 6 feet from persons.
- Wipe each piece of equipment before and after you use it, using a fresh wipe each time, and dispose of the wipes appropriately. Users must bring their own clean towels (1 ½' x 2'), hand sanitizers, disinfectant wipes and exercise mats to the facility. There should be no sharing of these or other related items at this time.
- Bring an adequate supply of water as taps and water fountains are not available for public use at this time.

DURING TRAINING

- Limit the items you touch within the Fitness Centre to only the items you use. Users must disinfect any equipment used, immediately after use, with disinfecting wipes and/or suitable disinfectant and disposable cloth-like material for wiping surfaces as provided by the Fitness Centre.
- Only the treadmills labelled #1 and #3 are to be used.
- Only the elliptical machine labelled #3 is to be used.
- Only the stepper machine labelled #4 is to be used.
- There is to be NO 'tipping' and 'spotting'.
- Users must wear a mask or face shield during their workout. Face shields should provide coverage below the level of the chin and should meet other relevant ISO standards.
- Avoid using lifting gloves or other personal items that are not easily cleaned.
- If you need to sneeze or cough, do so into your elbow or a tissue. Discard tissue immediately.
- Avoid touching your face with unwashed hands.

AFTER TRAINING

- Wash your hands with soap and water for at least 20 seconds after leaving the Fitness Centre. If soap and water are not available, use an alcohol-based hand sanitizer (minimum 60% alcohol content).
- The locker room/changing area is not available for use at this time. Only the north-western washroom outside the Sport & Physical Education Centre is available for use. **Users must shower at home.**
- No extra-curricular/social activity should take place; absolutely no congregating after your session ends.
- All users must leave the Fitness Centre immediately after training.
- Take all water bottles and garbage with you when you are leaving.

THE FACILITY MANAGEMENT HAS THE RIGHT TO REFUSE SERVICE TO ANYONE EXHIBITING SYMPTOMS OR NOT FOLLOWING FACILITY GUIDELINES.