



Before Your Exercise Session

- Please do not attend your exercise session if you:
 - are feeling ill and/or have any of the following symptoms: fever, chills, new or worsening cough, shortness of breath, new muscle aches or headache, or sore throat;
 - have travelled outside of Canada within the last 14 days; or
 - have been in close contact with a person who has a confirmed or presumptive case of COVID-19.
- Advance registration is required for all exercise sessions. Drop-ins will not be allowed.
- Register two ways*:
 - Click on [PROGRAM REGISTRATION](#) then choose your preferred fitness centre location under “Registered Visits”, or
 - Call the Registration Call Centre at 604-276-4300, Monday to Friday, 8:30am to 5:00pm.
- Indoor exercise sessions are offered as 75-minute time allotments:
 - Registration for each week of exercise sessions starts at 10am on the Monday before.
- Regular admission prices apply. Further details pertaining to fitness passes and memberships are included on the following page.
- Recreation Access Card holders and Recreation Fee Subsidy users, please call the Registration Call Centre to book exercise session.
- Registration is non-transferable and the schedule is subject to change.

Information for youth participants (13-18 years):

- Youth 13-15 years old are required to complete a Youth Fitness Centre Orientation prior to attending. Youth orientations can be booked by calling the Fitness Coordinator at their preferred location and only needs to be completed once for eligibility to exercise at all centres. To register for an exercise session, please call the Registration Call Centre to verify this requirement has been met.

Facility	Name	Contact
Cambie Community Centre	Tina	604-233-8380
City Centre Community Centre	Nelson	604-204-8567
Minoru Centre for Active Living	Donna	604-238-8004
South Arm Community Centre	Kelly	604-238-8488
Steveston Community Centre	Jeannie	604-238-8097
Thompson Community Centre	Nathan	604-238-8434
Watermania	Danny	604-238-8010
West Richmond Community Centre	Murray	604-238-8411

- Youth 13-18 years old are required to submit a completed *Informed Consent and Permission Form for Youth Fitness Centre Access* prior to attending the Fitness Centre. The form can be downloaded at www.richmond.ca/register > Fitness Centres.

During Your Exercise Session

- Arrive ready to exercise as change rooms will not be available.
- Bring your own towel and water bottle (highly recommended).
- Please arrive a maximum of five (5) minutes prior to your exercise session and line up at the designated entrance. You will be checked into the facility by a staff member.
- Upon entering the facility, follow directional arrows marked on the floor.
- Please wash and/or disinfect your hands prior to beginning your workout.
- Listen carefully to staff instructions and follow them closely.
- Avoid “working in” with others or otherwise sharing equipment.
- Time your retrieval of closely arranged equipment, such as dumbbells or medicine balls, to avoid close contact with others.
- Wipe down equipment with provided disinfectant before and after use.
- Only bring essential items (e.g. keys, wallet, phone) with you; only wallet lockers and cubbies will be available for use. Bags and other belongings will not be permitted on the fitness centre floor.
- Maintain a minimum of 2 metres physical distance at all times.
- Avoid clustering in groups and leave the facility immediately after your exercise session.

Health and Safety Measures

- Participants must take personal responsibility to ensure they do not attend if they are unwell, have travelled outside of Canada within the last 14 days, or have been in close contact with someone with a confirmed or presumed case of COVID-19.
- Services are designed in accordance with provincial and local health guidelines, and with the ability to adjust as requirements change.
- Prior to registration, participants are required to complete a COVID-19 Risk Acknowledgement.
- Services are registered (no drop-in) to support facility visitor limits.
- Staff have been trained in COVID-19 health and safety strategies.
- Staff in the fitness areas must wear a mask, provided by employer.
- In the case of an emergency, first aid will be provided using COVID-19 guidelines and protocols.
- Handwashing or hand sanitization stations, including washrooms, will be available. There will be no access to changerooms.
- Physical greetings (high fives, fist bumps, hugs) should be replaced with non-contact greetings or gestures and ensure you are always respecting their personal space.
- Help prevent the spread of COVID-19 by:

- Coughing or sneezing into your elbow, or covering your mouth and nose with a tissue;
- Washing your hands with soap and water or cleaning them with alcohol-based hand sanitizer prior to the start of each class; and
- Refraining from spitting.

Fitness Passes and Memberships

Fitness passes and memberships will remain on hold at this time. All fitness passes and memberships will be extended to cover the amount of time facilities are closed. When full services resume at the facilities, the additional time will be added to your pass or membership. This includes monthly and annual passes for fitness centres, Richmond aquatic facilities and other facility-specific passes.