

ATTENTION AQUA FIT PARTICIPANTS!

COVID 19 GUIDELINES & INFORMATION – FALL 2020

YAY! AQUA FIT IS HAPPENING...BUT IT WILL LOOK A BIT DIFFERENT THAN WHAT YOU ARE USED TO. HERE IS SOME IMPORTANT INFORMATION TO HELP YOU KNOW WHAT TO EXPECT!

Registration Details:

- **Limited registration** - there is a maximum registration of 20 people per class.
- **Registration is required** - Participants must register in advance. Drop-in admission will not be permitted. You can only register for one class to start with. After a week, you can register for more than one class if there is space. Registration will be first come, first serve.
- **Register by phone** - You can register over the phone starting on September 15 at 12:00 noon with a credit card. We are trying to limit in person interactions. Please avoid coming to the facility where possible.
- **Informed Consent Form** - Once you have registered, you will receive an informed consent via email. Please sign this form with your mouse or finger depending on how you access your email. Once signed, a blue submit button will populate in the top right hand corner of the document, click submit and the form will be sent back to us to store on your account.



When coming to your class:

- Do not come to the pool if you are not feeling well or experiencing any COVID-19 symptoms.
- Arrive no more than 10 minutes prior to the start of your class.
- Use hand sanitizer upon entering the building and check in with the cashier who will be expecting you.
- Come dressed in your bathing suit under your clothes where at all possible. Change rooms will have limited capacity. Should you require use of one, the lifeguards will direct you.
- Entrance and exit for the pool will be through the double lobby doors to the pool deck, not through the hallway.
- Once on the pool deck, lifeguards will direct you where to go from there.
- Chairs will be set up along the pool deck where you can leave your belongings. Please leave all valuables at home. Lockers may become available in time.

During class:

- Sharing of equipment is not permitted.
- Be mindful of physical distancing at all times. It is your social responsibility!
- Water fountains are not available throughout the facility. The water bottle filling station is. Bring a water bottle with you if you wish.
- Staff will collect all equipment at the end of class

After Class:

- Registrants are expected to leave immediately after the class is over. There is no lingering or use of other amenity (ie. Hot tub).
- Staff will help direct change room use.
- Limit change room time to no more than 10 minutes.



To register please call us at: 250-364-0888
Any questions or concerns please don't hesitate to call or
send us an email at: parksadmin@trail.ca

