

BC Public Service Employee Gyms/Exercise areas March 1, 2022

Gym use must be monitored by the worksite for adherence to mask use and hygiene considerations. If this cannot be done the gym must be closed.

Occupancy Limit

There are no occupancy limits on gyms, but workplaces must ensure that their gym does not become overcrowded:

- Place equipment or workout stations a minimum of 2m apart
 - Workplaces must verify the floor space of their gym and ensure equipment is properly spaced
- Gym use is restricted exclusively for the use of employees who work in the building where the gym is located
 - No outside users or friends/relatives of employees are allowed to enter

Masks Use

- Employees using gyms must follow the [PHO face coverings order](#) and wear a mask at all times, except when actively exercising
 - This includes moving between stations and during cleaning

Hygiene Plan

A detailed hygiene plan must be in place, posted and reviewed by users, and must include:

- Cleaning/sanitization station placed at the entrance of the gym
 - Hands must be cleaned/sanitized upon entering/exiting
- A cleaning station consisting of hard surface disinfecting wipes or spray, hand sanitizer (pump/wipes) and paper towel must be present within the gym
- Manufacturers' directions for disinfectants must be followed as there will be a minimum time required for the disinfectants to be left wet on the surface to be effective
- All cleaning and disinfecting products must be on the Public Health Agency of Canada's "Hard-surface disinfectants and hand sanitizers (COVID-19): List of disinfectants with evidence for use against COVID-19": <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>
- Training station/weights/equipment must be wiped down prior to and after each use
- Information on the removal of used cleaning products. The use of a no touch, plastic bag lined, garbage container, to be emptied when no more than half full is recommended

Hygiene Plan (cont.)

- No personal items are to be left on counters or around sinks in gym/change room areas
- Water bottles require a cover, i.e. open topped water bottles are not permitted
- No use of portable fans/heaters etc.
 - Remove any portable fans/heaters from the gym area.

The hygiene plan must be adhered to at all times by gym users.

Monitoring

The gym must be inspected regularly to ensure:

- Cleanliness
- Adequate supplies are present, and
- Equipment is still properly spaced.

Document all inspections with the name of the person who completed the inspection date and time.