

## CrossFit LifeTree Risk Mitigation Plan

**Facility Name:** CrossFit LifeTree

**Facility Address:** 6021 Old West Saanich Rd. Victoria BC, V9E 2G8

**Date Submitted:** May 16th, 2020

### 1. **Controlled Access:**

- a. Members must reserve for class and a maximum of 8 per 2500 square ft allowed.
- b. Staff member present during all sessions or hours of operation.

### 2. **Use of Appropriate Disinfectant:**

- a. Chlorine Solution (1 part bleach to 100 parts water)

### 3. **Increase Facility Sanitation:**

- a. Sessions will be scheduled with 15 minute gaps to allow for high touch surfaces such as taps, light switches, remotes and door handles.
- b. Floors to be sanitized nightly using a vacuum floor scrubber.

### 4. **Encourage Hand Hygiene:**

- a. Hand sanitizer is available at the entrance of the gym and exit of the gym.
- b. Multiple hand washing stations are available in the building with paper towel and liquid soap.

### 5. **Limited Occupancy (physical distancing):** All classes will be limited to a maximum of 8 participants and 1 coach.

### 6. **Post Signage:**

- a. Do Not Enter if You Are Sick or Required to Self-Isolate
- b. Physical Distancing Poster
- c. Hand Hygiene Poster

### 7. **Manage Patrons:**

- a. **Screen arriving members:** Class participants will be asked if they have any of the following symptoms: coughing, fever, sore throat or difficulty breathing.
- b. **Coaches will monitor attendance via personal phone.**
- c. **Physical distancing:** 10' x 10' Cells will be marked out on the floor for each athlete to occupy during their workouts with adequate space for coaches to travel between. There will be no sharing of equipment.
- d. **Disinfecting of Equipment:** Each athlete's cell will contain spray bottles (with bleach solution), disinfectant wipes and paper towels. All members are required to clean their assigned equipment before and after use.
- e. **Members Personal belongings:** All personal belongings must be kept within the athletes area. Members should bring their own yoga mat and full water bottle. You may bring your own chalk but must clean your area of residue prior to leaving the class.

### 8. **Managed member entry points:** Entrance to the gym via the front doors 5 minutes before the start of the class waiting at a cone spaced 2 meters from each other and must exit via the back doors no later than 5 minutes after the end of class. Congregating and visiting will be discouraged.

**9. Staff to self monitor symptoms:**

- a. Any staff member who displays any symptoms of COVID19 (fever, cough or difficulty breathing) will not be allowed to work in the facility.