

# Drop-in Gym COVID-19 Edition



**Are you planning to attend a drop-in gym time at the Penhold Multiplex?**

**Here are some important new things to know:**

- 1.) We will be running drop-in Kid's Gym and drop-in Pickleball in September. We hope to add drop-in Basketball back to our schedule in October.
2. In accordance with the Alberta Government and Alberta Health we will be maintaining drop-in gym cohorts. What this means for you is that you will be able to attend only one section of your desired drop-in gym. For example, if you attend Monday/Thursday drop-in Kid's Gym you will be only be able to attend Monday/Thursday drop-in Kid's Gym.
3. Please call the fitness centre or complete the online registration form at the Town of Penhold website to place your name on the cohort list for your desired drop-in gym. We will maintain this cohort for the entirety of the year or until Alberta Health and the Alberta Government tell us these measures are no longer necessary, whichever comes first.
4. Once your name is added to a cohort list no one will be allowed to replace your space. That means we cannot add someone in your place and you cannot send someone in your place if you are unable to attend a certain day/night.
5. Drop-in Kid's gym will be assessed for COVID-19 symptoms via a verbal screening upon each visit. Drop-in Pickleball and future drop-in Basketball will require individuals to sign, date and time a written COVID-19 Pre-screening form upon each visit.
6. Equipment used during Kid's Gym will be thoroughly cleaned and disinfected between each use. Pickleball will require participants to bring their own paddles and their own pickleballs. Upon the return of Basketball participants will be required to bring their own basketball as well.
7. Please limit personal items within the gymnasium, don't eat or snack in the gymnasium, and we encourage everyone to bring their own water bottle from home. Change rooms will not be accessible during this time come ready for the activity you are participating in.
8. Upon entering and leaving the gymnasium wash your hands in the washroom or sanitize them with the available hand sanitizer stations. Spectators or non-participants will not be permitted in the gymnasium.
9. It is recommended to spend as little time in the building as possible, so please try to reduce any extra time you spend before and after a drop-in gym time within the Multiplex.
10. Please respect our sick policy and our zero tolerance policy. If you are not feeling well please do not attend one of our drop-in gym times. We will still be here when you are feeling well again. Any breach of the zero tolerance policy (rude/ belligerent behaviour) will see you removed from the activity and the facility for the remainder of the day.



Thank you for your understanding in this new process as we work our way through this COVID-19 time. Our goal is to provide as many of our regular services as possible while keeping everyone safe and healthy.