

# WESTSYDE FITNESS CENTRE

## COVID-19 USER SAFETY PROTOCOLS

The City of Kamloops has developed the following user safety protocols with the purpose of preventing the spread of COVID-19 in our community and providing opportunities for our citizens to recreate. These protocols represent the standards according to the Provincial Health Officer and the British Columbia Recreation and Parks Association.

**Prior to visiting the Westsyde Pool & Fitness Centre, patrons are required to register online at [Kamloops.ca/PerfectMind](https://www.kamloops.ca/PerfectMind) and read and agree to follow the User Safety Protocols.**

### GENERAL USAGE

- Masks are mandatory at all times, including while you exercise.
- Change rooms are open; however, lockers are unavailable for bags or personal items. Wallet lockers are available for small items.
- Physical distancing of 2.5 meters is required at all times during exercise and 2 meters at all other times.
- Spotting for weightlifting is not permitted, unless patrons reside in the same household.
- Patrons must wipe equipment after each use.

### HEALTH SCREENING

Before entering the Westsyde Pool & Fitness Centre and throughout your activity, you should self-monitor for symptoms associated with COVID-19 by using the BC Health COVID-19 Symptom Self-Assessment Tool located online at [bc.thrive.health](https://bc.thrive.health).

Patrons must not enter the facility or leave the facility immediately if:

- You are experiencing symptoms consistent with COVID-19 (refer to link above for a list of symptoms).
- You have traveled outside of Canada in the past 14 days.
- You have been in close contact with someone who is symptomatic or has tested positive for COVID-19.