



KITCHENER WATERLOO SKATING CLUB RETURN TO THE GYM

Updated July 15, 2021 - Updates are underlined



We've changed a few things in the Athletic Centre as the province enters STEP 3 of re-opening. Please review this document so that you are fully aware of the new changes before you get back in the Athletic Centre (AC). Our priority is your health.

Membership Privileges for Community Members

The Athletic Centre is operated by the Kitchener Waterloo Skating Club (KWSC). It is our pleasure to open our Centre to the community during the hours our skaters are on the ice next door. Even though the Carolyn Fedy Skating Centre is under construction, the AC is open. We have the space and we want to share it with the community. As well, we are happy to partner with Physico Performance and Krav Maga Waterloo in our space.

Membership Privileges for Skaters & Their Families

When you skate at KWSC, not only do you receive benefits from skating, but you also receive access to the AC as part of your skating registration fees. This means that skaters can access the AC for group fitness, personal training, or to use the weight room. Additionally, parents of skaters can receive a 20% discount on an AC membership. You can find more information on our website at www.kwsc.org/the-athletic-centre

Compliance with Regulations

The Athletic Centre is an important part of the KWSC. As such the Athletic Centre and its partners must follow the guidelines, laws, regulations, by-laws and orders from the Government of Canada, Government of Ontario, Region of Waterloo Public Health, Skate Canada, Skate Ontario, and the City of Waterloo.

Compliance with COVID-19 Protocols STEP 3

We need everyone to follow the current protocols in order to keep each other healthy. If anyone is blatantly disregarding these protocols, they will be asked to leave the facility. **The “Acknowledgment, Release, Indemnity, and Assumption of Risk Regarding COVID-19” form will require sign-off from all AC participants upon their first visit.** *When skaters registered for skating programs, they had to sign this Waiver, so no need for skaters to sign it again when they enter the AC. Paper copies will be available at the AC and these*

signed documents will be kept on file.

Athletic Centre COVID-19 Protocols STEP 3

Masks are required - except when you are actively exercising.

Physical distancing of 2 metres is required - except when you are actively exercising.

All AC participants will enter and exit through the AC doors. AC participants must follow the physical distancing markings outside the building entrance as well as inside. All participants are required to sanitize their hands upon entry, sanitizer is provided.

Health Screening

All AC participants will be asked the questions on the Skate Ontario Health Questionnaire by the AC staff upon every visit. If the participant is attending a group fitness class, or personal training session, the instructor will take attendance for that class and conduct the health screening. AC staff use the health screening tool to self-screen before they leave for work. No one should enter the AC if they do not pass the health screening questionnaire.

Change Rooms

The AC change rooms will be open for changing and washroom purposes. Showers remain closed. All those using a change room must physical distance by 2 metres and wear a mask.

Revised Capacity and Traffic Flow

The Athletic Centre can accommodate 50% capacity, which is 4 in the bike room, 25 in the dance studio, 13 in the weight room, and 30 in the conditioning room.

Increased Cleaning

RIM Park and AC Staff have increased cleaning both overnight, and throughout the day. **As usual, all participants are expected to wipe down their equipment after use.** AC staff/instructors will also clean areas and equipment throughout the day. AC staff will also clean all door handles, pens, and office surfaces at the end of their shifts.

Skaters Use of Dance Studio

If you are a skater or instructor accessing the dance studio to either warm-up or to attend a group fitness class, you should proceed down the hallway towards the rink. Enter the dance studio from the door across from the AC office. Exit the dance studio through the AC hallway door that is closest to the door where you would usually access the rink.

Skaters may access the AC for warm-ups before their skating session. Skaters should arrive no more than 20 minutes before their skating session if they would like to do a 10-minute warm-up in the dance studio. 10 minutes before skating sessions, skaters can leave the dance studio and enter the rink.

The Dance Studio is open for warm-ups as long as it's not in use for a fitness class. If you arrive to warm up and the dance studio is full, then you may be permitted to warm up in the conditioning room (unless there is a class taking place in there). In which case, you can warm up in your dressing room or rink side.

Fitness classes for skaters will resume on Tuesday July 20, 201.

Younger Skaters (under 18)

All members must be 18 years of age or older to sign the waiver and join the AC. Anyone under the age of 18 must have a parent/guardian sign the waiver.

Anyone ages 12-16 may use the facility, only if they have a parent/guardian's signature on the waiver, and a supervised personal training program designed by an AC Personal Trainer.

The minimum age for figure skaters to use the cardio equipment is 12 years of age. Members and skaters ages 12-14 are limited to the use of aerobic equipment, conditioning floor, medicine balls, and hand weights. Members and skaters ages 14 and over are permitted to use strength conditioning equipment.

Additional Information/Questions

If you have any questions, or require further information about the AC's new changes, please reach out to manager@theathleticcentre.ca