



Thank you for your patience as we sort through the Covid-19 situation. We have **NOT** been given the go ahead to open indoor training at this time, but according to the guidelines for outdoor group meetings, we are starting to meet/train in small groups of up to 4.

When given the go ahead to return indoors for one on one training, or we are meeting in small groups outdoors, Speed Unlimited and their clients must abide by the public health safety guidelines. *Speed Unlimited* has implemented safety and sanitary procedures as outlined by public health.

Training with Speed Unlimited requires you to meet the following criteria:

1. Has not been asked to self-quarantine (by MD or by Government/Public Health guidelines)
2. Has not been travelling within the last 14 days
3. Has not been in contact with anyone sick or travelling within the last 14 days
4. Has not been in contact with anyone who is in direct contact with the virus
5. Has not been sick or had symptoms/illness within the last 14 days (cough, fever, respiratory symptoms)
6. Is not caring for anyone elderly or immuno-compromised (respiratory conditions, heart conditions, chemotherapy, auto-immune diseases)
7. Is not elderly or immuno-compromised
8. Will come into the training centre by themselves, without family members or children

Safety Protocols

Procedures before entering the facility:

1. We recommend you use your washroom at home before coming to training, as it may not be possible to completely disinfect contact surfaces between each use.
2. Arrive no more than 5 minutes before your scheduled session.
3. Leave all personal items ie. bags, purses, cellphones, jackets in your vehicle.
4. Bring **ONLY** your own towel, filled water bottle and indoor shoes into the facility.

For indoor training We WILL:	For outdoor training We WILL:
<ol style="list-style-type: none"> 1. Provide disinfecting wipes to clean your hands as soon as you arrive. 2. Suggest you bring personal face masks to your training session if you wish. 3. Wear a face mask ourselves if this makes you more comfortable. 4. Maintain proper social distancing of 2m. 5. Plan workouts where no spotting is required. 6. Ask that you to retrieve, return and disinfect equipment/weights. 7. Not allow drinking from the water fountain. 8. Space clients 15 minutes apart to ensure equipment is thoroughly cleaned and disinfected 	<ol style="list-style-type: none"> 1. Provide disinfecting wipes or spray to clean your hands as soon as you arrive. 2. Set out activity stations that are a minimum of 2m apart. 3. Provide disinfectant wipes/sprays for area and equipment cleaning before moving to the next station or for cleaning up after training sessions. 4. NOT plan equipment-sharing activities, ie. med ball toss