

Below, please find the BASE Safety Protocols and Guidelines.

Please do not come to class if you are unwell or experiencing any of the following symptoms: fever, cough, runny nose, headache or any other symptoms. You will be asked screening questions by your coach prior to the start of every class:

1. Have you returned from travel outside of Canada/BC in the last 14 days?
2. Within the past 14 days have you had close contact with someone who is currently confirmed as having an active case of COVID-19? Close contact means living in the same house, or had face to face contact, was coughed on, or within 6 feet of.
3. Are you currently under any orders to isolate as per Health Canada or provincial health authorities?
4. Are you experiencing any of the following - difficulty breathing (i.e., struggling to breathe or speaking in single words, even when at rest), chest pain, coughing, sore throat?
5. Are you experiencing a fever? (above 100.4 °F or 38 °C)

- Upon arrival, please wait in your car or outside until at least 5 minutes prior to class before entering the building.
- Please don your mask for entry into the gym and keep it on until you reach your work zone. Masks are not required to be worn during the workout but we recommend wearing it at all times. Masks are required while cleaning and moving outside of your work zone.
- Please come changed and ready to go. Bring only what you need to class (ie water bottle and clean shoes). Leave your personal belongings in your car or with your bike outside the gym. Water refills are no longer allowed at the gym.
- Upon entering please use hand sanitizer(preferred) or wash your hands in the sink.
- Move into the gym to one of the designated work zones. Find the easy to follow x's and arrow or ask a coach for direction. Work zone are equipped with all the equipment you will need for your workout and are space at 10 feet apart to provide ample distancing.
- Before your workout, a coach will ask you health screening questions. You will be required to answer "No" to all questions in order to have access to your work zone.
- In your work zone you will be supplied with a hand sanitizer, a cloth and disinfectant(approved solutions) for you to clean all equipment that you have used. Please note that your coaches will disinfect/clean all floor and high touch point common surfaces after every class.
- No fans are allowed on and windows/doors may be opened frequently before/after and during class to ensure better ventilation. Please bring layers!
- Use the provided hand sanitizer or wash your hands before you leave or put your mask back on.
- Make sure to exit the building in a timely fashion to ensure the gym is clear before the next group enters.

*Special Note: If you live or work with vulnerable populations it is suggested that you change your clothing and shower as soon as possible before entering a space you may share with them.