



KOOTENAY THERAPY CENTER – COVID-19 UPDATE – Effective December 7, 2020

POLICY: Low Intensity Fitness Classes

In accordance with the Order of the Provincial Health Officer dated December 2, 2020

Kootenay Therapy Center will continue to maintain the highest of standards and continue to follow the clinic COVID-19 Safety Plan, set May 19, 2020. The complete Safety Plan is available to view on the clinic website and is in compliance with the requirements set by Worksafe BC, and the recommendations of the Provincial Health Officer of BC, the College of Physiotherapists of BC and the BC Centre for Disease Control.

Further to the original safety plan, and specific to the studio classes offered at Kootenay Therapy Center, the management and staff maintain that all classes are considered “group low intensity fitness activity” classes. As such, the following policies must be adhered to in accordance with the Provincial Health Officer orders:

1. Sufficient space is available in the clinic and the studio to ensure all participants may maintain a distance of 2 metres from one another, whether standing, sitting, entering or exiting.
2. Congregating within the clinic or outside of the clinic premises is strictly forbidden. All participants are asked to arrive just prior to class time and disperse immediately after class.
3. Spacing in class will be preset by the class instructor and will be spaced a minimum of 2 metres apart for participants. Masks must be worn by all individuals in and during classes, including the instructor.
4. The class instructor must maintain a physical distance of 3 metres from participants during the class.
5. Hand sanitizing is mandatory before and after class and is available at the entrance to the clinic and to the studio.
6. The studio and all equipment will be appropriately sanitized before/after each class by the instructor and/or clinic support staff in accordance with WSBC requirements set out in the original clinic COVID-19 Safety Plan.
7. All class participants will be required to complete a COVID-19 Questionnaire prior to attending class. Class attendance will continue to be recorded and kept on the client file according to clinic policy and in accordance with all privacy laws. No participant will be able to attend a class if they answer positive to any of the questions on the questionnaire.
8. The above policies will be updated as per requirements and changes of the Provincial Health Officer.