

Forge COVID-19 Protocol - Gym Members

These protocols have been put in place to protect you and to protect those around at Forge. It is very important that each and every one of us follows these protocols in order for these protections to work. If you are found to be willfully negligent in these protocols, your membership and all associated privileges at Forge can be revoked.

1. Prior to arrival at Forge, you **MUST** book a time(s) and station(s) for your workout. These are available in 30 minute increments and for up to 90 minutes total per day.
2. Do not arrive more than 5 minutes before your booked training session. If there is someone ahead of you when you arrive, please maintain a minimum of 2m distance from them using the marked X's on the ground as a guideline.
3. Please check in at the front desk before proceeding to your station.
4. You will be required to answer our short COVID-19 risk assessment questionnaire verbally before proceeding. You will also be provided with a cleaning bucket for your personal use only after truthfully answering **NO** to all questions on the questionnaire.
5. Proceed to your designated workout station. If you cannot avoid coming within 2m distance of a staff member or another gym member while moving through the facility, you are required to wear a non-medical mask or face covering. If you must use the changerooms, you may do so. However, you must still follow the 2m or mask physical distancing guidelines.
6. During your workout time, you are expected to use the sanitation products provided for the equipment both before and after you have used them. Instructions are provided in the bucket. The equipment must be sanitized and put away by the time your time limit expires.
7. At all times during your workout, even if you leave your station to use some of the non-mobile equipment, you must abide by the physical distancing guidelines of 2m or wear a non-medical mask. All equipment that is mobile (ie dumbbells, kettlebells, benches, assault bike, rowers, etc) is to be moved to your station for use.
8. If you are participating in a class, you will wait on the designated floor marker until your instructor indicates that your station is empty and ready for you.
9. When you make use of the non-mobile equipment, you must perform all of your sets without much delay and with only one person at a time. (ie: no supersetting, no working in, no unreasonable rest periods between sets). These stations are not bookable and can be used in conjunction with your booked station.

Thank you for your strict adherence to these protocols. All of our staff and our other members appreciate the efforts you take to keep us all safe.