



Land Fitness Programs Customer Information

The purpose of this document is to outline program participation and safety information for land fitness program participants at City of Saskatoon Leisure Centres.

PARTICIPATION INFORMATION

- Participants are required to wear masks while in the facility and participating in land fitness classes.
- Drop-in programs are being offered in timed sessions to manage capacity limits and to allow for necessary physical distancing. Sessions include entry and exit times and breaks between sessions allow for cleaning and sanitization of common areas. Staff will let you know when you can access the facility. Your fitness class activity session will include the following:
 - Land Fitness Classes (with exception to Fitness Yoga)
 - 10 minutes equipment clean
 - 40 minutes instructed fitness class
 - 10 minutes equipment clean
 - Fitness Yoga
 - 5 minutes equipment clean
 - 50 minutes instructed fitness class
 - 5 minutes equipment clean
- You will be greeted, screened and provided direction upon entering the facility. You will not be allowed to enter the facility if you answer yes to either of the following questions:
 - Have you been in close contact with a confirmed or probable case of COVID-19?
 - Do you have a cough, shortness of breath or fever?
- Please follow instructions on the signage located throughout the facility. This includes posters, floor decals and directional arrows. It is important that direction from staff are also followed at all times.
- Change rooms are open, however, there are a limited number of lockers available for use. Please follow posted signs to ensure proper physical distancing in the change rooms.
- To limit the time required in the change rooms, please come prepared for your activity. Additional cleaning and sanitization requirements will create longer than normal wait times.
- Please be on time for fitness classes. If you are not ready to participate at the start of the class you will not be allowed to participate.
- Each participant will be assigned a participation area. Please remain in this area for the duration of the fitness class.
- Physical distancing is required at all times; please maintain a distance of 3 metres when participating in physical activity.
- Water fountains will be closed due to provincial government restrictions. Water fill stations will be available. Please bring your own water in a non-glass container.
- Youth must be 15 years and older to participate in an instructor led fitness class.
- Please bring indoor shoes.

FITNESS CLASS EQUIPMENT

- Fitness Yoga – please bring your own yoga mat, blocks (a rolled up towel can be a substitute) and straps (a belt can be a substitute). A limited number of yoga mats may be available for use at facilities upon request.
- With the exception of yoga, fitness equipment needed for the class will be placed in individual participation areas prior to the start of the class. No other equipment will be available for access.
- Participants are required to clean the equipment they are using before and after the class.
- At the end of the class, please leave equipment in your participation area.



**Maintain Physical
Distancing**

BOOK YOUR VISIT!

Browse and book the available drop-in programs online up to 2 days in advance by visiting **Leisure Online** (leisureonline.saskatoon.ca). To book, choose the 'Book a Visit' option, select your facility and drop-in program of choice, and follow the easy steps. Visits can also be booked by calling 306-975-2855 from 9:00 a.m. to 6:00 p.m. daily. Please call any Leisure Centre to cancel if you are unable to attend your booking. There are no walk-in spots available for land fitness classes this spring.

Note: Support persons will be required to pre-book to ensure maximum participant numbers are not exceeded.