

Plan for Re-Entry Constitution Square Fitness Centre

September 07, 2021

Constitution Square
360-350-340 Albert Street
Ottawa, ON



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Invested in our Members

Plan for Re-entry to the Fitness Centre

This Plan has been developed with the best interests and health and wellness of all members of the building community in mind. It is intended to ensure the safety and security of all occupants, visitors, and employees in Canderel managed properties which is our primary concern. The collaboration of all stakeholders is required for the successful implementation of this Plan. Despite possible restrictions, limitations and inconvenience, this Plan reflects our vision to provide for the safe and effective long-term re-entry into the Fitness Centre and the protection of all members of the building community.

Canderel will continue to follow guidelines, recommendations and measures established by provincial and federal governments.

The COVID-19 situation continues to evolve. This Plan will be modified, from time to time, to take into consideration new information, risks, best practices, and mitigation measures.

Preparing the Fitness Centre

In addition to the regular operating procedures maintained at the building during low occupancy due to COVID19, the following measures have been implemented:



Inspection of Core Infrastructure

- HVAC and mechanical systems
- Water systems
- Fire & life safety equipment
- Cleaning

Review Cleaning and Disinfection Protocols and Schedules

- Augment frequency of cleaning and disinfection in high traffic areas, public areas, restrooms, changerooms/showers, parking lots and amenities, high touchpoint areas during daytime building hours
- Reduce touchpoints, if possible

Review Entry Procedures and Traffic Flow to Maintain Social Distancing

- Close, reduce, cordon off as necessary.
- Set capacity as directed by public health authorities.
- Create a booking system for choosing in-person class and equipment time slot
- Review logistics for equipment and in-person and online classes
- Review public health measures with respect to masks and fitness facilities
- Review memberships and create an online payment system

Review protocol for presumptive and positive test results

Review Hours of Operation and Modify

- In consultation with Fitness Centre Manager, modify, as necessary, based on member feedback and public health requirements

Entry Procedures



Fitness Centre Entry Modifications During Re-Entry

This section should be read in conjunction with Canderel's "Frequently Asked Questions (FAQs) – Fitness Centre Re-Entry".

Reopening Date

The Fitness Centre will reopen September 7th, 2021. Please note that the Fitness Centre may be subject to temporary closure due the evolving COVID-19 situation and public health regulations. Canderel will communicate any changes via email.

Hours of Operation

Reduced Hours

7:00am-9:00am; 11:30am-1:30pm; 3:00pm-5:00pm Mon-Fri.

Canderel will readdress as the situation evolves.

Access

Valid Membership & Booking Required

As per usual, a valid membership is required to use the Fitness Centre. During re-entry, drop-ins are not permitted and access cards will not be activated to ensure proper monitoring of capacity limits, physical distancing, and everyone's safety while working-out.

To access the Fitness Centre, members must book a time slot through the Canderel Plus+ app. Kindly arrive a few minutes earlier than the scheduled time slot as late entry is not permitted. A Fitness Centre employee will verify the booking and provide access. Please ensure to wear a mask in public areas when not actively engaging in fitness activity.

Kindly note that Canderel will be screening members for COVID-19 symptoms via questionnaire before entering the Fitness Centre.

Booking & Capacity

Canderel Plus+ App Booking System

Booking for equipment and in-person fitness classes will be available on the Canderel Plus+ App. Members will be able to book either 45 minute time slots for the equipment portion of the Fitness Centre OR join an in-person fitness class (temporarily 1 per day, see calendar for details). Please note that members will only be able to reserve 72 hours in advance for the Fitness Centre classes and equipment use and booking system will close 30 minutes before each session unless already full. To ensure a fair opportunity for all members, back-to-back sessions will not be approved.

Accessing Canderel Plus+ App Booking System

Apple App Store: <https://apps.apple.com/ca/app/canderel-plus/id1488166651>

Google Play Store: <https://play.google.com/store/apps/details?id=com.lane.canderelplus>

Please refer to the attached link for instructions on accessing the booking system:

Capacity

14 people per time slot

As per public health directives for fitness facilities, a capacity must be set. Canderel will be permitting 5 members in the equipment portion, 7 members in the classroom, and 2 instructors/management employees. Canderel will readdress as the situation evolves.

Membership Updates

Membership Status

Effective March 16th, 2020, Canderel placed valid fitness centre memberships on hold.

Effective September 2021, Canderel will be extending all valid fitness centre memberships 18 months from the original expiry (i.e., not expired pre-March 16th/not canceled during the closure).

Membership Options During Re-entry

Please note that the following options for valid memberships will be available September 2021:

Option 1: Register to book the Fitness Centre from September 7th: Those with valid memberships will be able to access the Fitness Centre booking system to reserve a time slot through the Canderel Plus+ app. Valid memberships will be extended 18 months from its original expiry date as noted above. To download and register for the app: <https://qrco.de/bbw4rp>

Option 2: Purchase a Membership: Memberships will be available for purchase through our new online payment form: <https://constitutionsquare.typeform.com/to/EIsHRB8p>

Option 3: Keep Membership On-Hold: Any members uncomfortable with returning to the Fitness Centre during re-entry and had an active membership at time of the closure will be able to keep their membership on hold. Please note that Canderel must be advised by September 30th, 2021 if choosing this option. Please contact csq_info@canderel.com and kindly ensure to add your full name, company, and access card number in the subject line.

Automatic Hold Due to Evolving Covid-19 Situation

Canderel will be automatically placing all valid memberships on hold if fitness facilities are required to close due the evolving COVID-19 situation.

Amenities & Equipment

Reduced Amenities

Members will have access to:

- Equipment area – all equipment ready for use will be indicated
- Group Fitness Studio – social distanced decals will be in place and must be respected
- Changerooms/showers – available for use within your booking time
- Water Fountain – will be available for use to fill up water bottles only

Members will be unable to access:

- Fitness Centre yoga mats – members will need to bring their own yoga mat
- Cordon off equipment – members will need to respect off limit equipment

Canderel will reassess as the situation evolves.

Equipment

To use the equipment, members must book a 45 minute time slot for the equipment portion through the Canderel Plus+ app. Kindly arrive a few minutes earlier than the scheduled time slot as late entry is not permitted. Members will only be able to reserve 72 hours in advance. Please ensure to wear a mask in public areas when not actively engaging in fitness activity.

We will be strategically cordoning off equipment to ensure social distancing.

Cleaning

Members will be required to wipe down equipment before and after use. For further details on cleaning, please refer to section “Enhanced Safety & Cleaning Protocols.”

Classes & Personal Training

In-person classes

To attend an in-person class, members must book a time slot for the class that they wish to join through the Canderel Plus+ app. Kindly arrive a few minutes earlier than the scheduled time slot as late entry is not permitted. Members will only be able to reserve 72 hours in advance. Please ensure to wear a mask in public areas when not actively engaging in fitness activity.

There will be one (1) in-person class per day except Thursday for the time being.

If attending a yoga class, members will need to bring their own yoga mat.

Online classes

During the Fitness Centre re-entry, Canderel will still be offering free online classes for all occupants of Constitution Square on Google Meets. Members will be able to join a class and must plan to join ahead of the classes start time as the instructor has to allow access: <https://constitutionsquare.com/en/get-fit-with-csq/#amenities> .

Personal Training

During re-entry, personal training will be temporarily unavailable. The Fitness Centre Manager along with Canderel will assess as the situation evolves.

Enhanced Safety & Cleaning Protocols

We remain fully committed to upholding the rigorous safety and cleaning standards established in our building re-entry plan. The following measures have been implemented for the Fitness Centre:

Social Distancing Measures

Ensuring members will be able to social distance effectively is of utmost importance. This will be achieved by:

- Close, reduce, cordon off as necessary i.e., some equipment, etc.
- Set capacities and booking system to manage traffic flow
- Contactless online payment system
- Point of decision signage
- Screen members via questionnaire before entering the Fitness Centre

Mask Policy

As per instruction by Ottawa Public Health and the Medical Officer of Health under the authority of the Emergency Management and Civil Protection Act (EMCPA) Ontario Regulation 263/20 effective July 7th, 2020, a face mask or face covering will be required in all enclosed public spaces, including the Fitness Centre, elevators, lobbies, etc.; however, the temporary removal of masks to engage in fitness activity will be permitted.

Physical distancing of at least 6 feet/2 metres must always be maintained.

Point of Decision Signage

Free standing and floor decal signage (i.e., traffic flow, stand here, awaiting queues, area closed, etc.) will be installed to promote social distancing in the following locations:

- Corridor
- Fitness Centre door and desk
- Equipment area
- Group Fitness Studio
- Changerooms
- Water Fountain

Cleaning

General

- Augment frequency of cleaning and disinfection in high traffic areas, public areas, restrooms, changerooms/showers, and high touchpoint areas during daytime building hours
- Reduce touchpoints, if possible
- Usage of hospital grade disinfectant cleaning solution
- Hand sanitizer dispenser(s)

Equipment Area

- Deep cleaning between sessions: Canderel will be doing planned shutdowns between bookings to allow for equipment deep cleaning
- Self-clean of equipment: members will be required to self-clean equipment before and after use with provided hospital grade disinfectant wipes.

Group Fitness Studio

- After-hour disinfection and cleaning: studio will be used for one class per day and cleaning will occur during after-hours.
- Disinfection/cleaning of weights/resistance bands: weights/bands to be disinfected/cleaned between sessions.

Changerooms/Showers

- Touch point cleaning: augmented frequency of touch points between bookings
- Deep Cleaning: Canderel will be doing a deep cleaning each evening

Contact Us

For re-entry plan inquiries, please contact

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For membership and general re-entry inquiries, please contact

Canderel Reception

Reception

Tel: 613.594.0238

Alt. Tel: 613-598-4618

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Annex

Signage Messaging




Signage Messaging (Continued)

Ottawa | Public Health
Santé publique

MASK OR FACE COVERING* REQUIRED

All persons entering or remaining in these premises must wear a mask or face covering that securely covers the nose, mouth, and chin as required by the Medical Officer of Health under the authority of the Emergency Management and Civil Protection Act (EMCPA) Ontario Regulation 263/20.



Exceptions include people who cannot wear a mask or face covering for medical reasons, or children under two years old, or those who require accommodation in accordance with the Ontario Human Rights Code.
Proof of exception is not required.

*A mask can be cloth (non-medical), disposable or medical and a face covering can be a bandana or scarf.

July 7, 2020

OttawaPublicHealth.ca/Masks | 613-580-6744
SantePubliqueOttawa.ca/Masques | TTY/ATS : 613-580-9656

  /OttawaHealth
/OttawaSante