



Relaunch - November 16, 2020 Update

UPLANDS RECREATION CENTRE

Uplands Relaunch Plan

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Safety and Physical Distancing

Measures that have been put into place to ensure a safe environment:

- Increased sanitization and disinfection
- Additional hand-sanitizing stations
- Removal of non-essential or difficult-to-clean equipment, benches in changerooms and chairs from pool area
- Reduced capacity by utilizing an appointment-based system for all facility access - FOB programmed for access time
- Booking online software for Squash court, Tennis upper court, and pool and hot tub (Sauna closed - possible opening in Phase 3)
- Health screening prior to entry into facility through a digital health screening form on Website or can be emailed to resident, return to office prior to entry
- Physical distancing floor markings signage to control placement of tables in event room (Delayed for later launch date)
- Signage – Informational posters in lobby, changerooms, pool area
 - <https://open.alberta.ca/dataset/80c3fda3-7bd8-41c2-8724-c476c1b54a5b/resource/d4089700-eb83-47c1-9f9a-55ac29d24f5e/download/covid-19-prevention-starts-with-awareness-poster-11x-17-bw.pdf>
 - <https://open.alberta.ca/dataset/80c3fda3-7bd8-41c2-8724-c476c1b54a5b/resource/11711182-2720-4572-a93b-c88c8138c95f/download/covid-19-open-for-business-poster-8.5x11-bw.pdf>
 - <https://open.alberta.ca/dataset/b1726805-e364-45d7-ade4-42d1a74810cb/resource/8b0e5150-ad4c-42ea-a896-e6201999de4c/download/covid-19-prevention-starts-with-awareness-poster-11x-17-colour-chinese-simplified.pdf>

Facility Hours and Access

- Facility hours will be limited to Pool/Hot tub/Squash booked appointments.
 - Only 1 household in facility per booked appointment for Squash or Pool/hot tub usage.
 - Fitness Programs will run as scheduled or as permitted. Bookings for Squash and Pool will be worked around those scheduled times.
 - Appointment only - Bookings will be made via online app for Squash court, pool and upper tennis court
 - Programming of FOB will be made after booking --- Please allow 24 – 48 hours notice as office is running on limited hours.
 - Pool and Squash court bookings will be done via Fitness app and monitored by Facility manager or evening staff member. These bookings will not overlap Fitness program activities.
- A Declaration Waiver must be completed prior to usage of amenities for Pool and Squash court usage
- Non Compliance to Uplands policies will result in termination of booked event party
- Event room launch (exception for Fitness program usage) will be delayed until further notice.
- Upon event room launch booked parties will end at midnight rather than 1 am. This will allow cleaning staff to clean and sanitize
- Staff will be last people out of facility to complete sanitization and lockdown of centre

Cleaning Protocols

Bathrooms, showers, and lockers

- The frequency of cleaning and disinfection will vary depending on usage
- Use of “wipe-twice” method to clean and disinfect high-touch shower surfaces such as faucets, door handles, soap and shampoo dispensers, light switches, pool door key pads. Wipe of these kinds of surfaces with a cleaning agent to clean off soil and spray mist with a disinfectant.
- maintain adequate supply of soap, toilet paper, hand sanitizer
- Post occupancy limits for common areas such as change rooms/locker rooms, washrooms
- Ladies Changeroom will be closed to all access at this time
- Men’s Changeroom will be posted as Unisex, lockers will be all locked and not in use, shower area will be closed off.
- **Sauna Shower will be only shower in use for pool/hot tub users**

Squash Court

- Daily mopping of floor
- Use of “wipe-twice” method to clean and disinfect high-touch surfaces such as door, glass wall
- Provide hand sanitizer in fitness common area

Cleaning Protocols

Swimming Pool and swimming pool deck

- Chlorinated pool and hot tub water is an effective disinfectant and the risk of transmission from contact with properly treated pool water is considered minimal
- In addition to routine cleaning performed as required by AHS, increase frequency of sanitization of commonly touched surfaces (such as ladders, doors, doorknobs, light switches, deck fixtures, door lock key pads)
- Provide hand sanitizer in fitness common area
- Sauna will remain closed. We can not effectively clean our Sauna to meet the standards of AHS for Covid level of sanitization.
- **Sauna shower will be available for use to shower prior and after usage of pool and hot tub.**

Fitness Program

- Use of “wipe-twice” method to clean and disinfect high-touch surfaces such as door handles, light switches
- Hand sanitizer station will be available upon entry to facility and also in exercise area near squash court
- Men’s changeroom will be available for bathrooms and sink hand wash usage
- Cleaning protocol will be as above in “Bathrooms, showers, and lockers
- Fitness equipment will be cleaned with the wipe-twice protocol.

Cleaning Protocols

Kitchen

- In addition to routine cleaning performed as required by AHS, increase frequency of sanitization of commonly touched surfaces. Use of “wipe-twice” method to clean and disinfect high-touch surfaces such as faucets, door handles, cabinet face, light switches, appliances, AV equipment, coffee urns, etc. Wipe of these kinds of surfaces with a cleaning agent to clean off soil and spray mist with a disinfectant.

Event room, tables, chairs, leather seating

- In addition to routine cleaning performed as required by AHS, increase frequency of sanitization of commonly touched surfaces. Use of “wipe-twice” method to clean and disinfect high-touch surfaces such as door handles, light switches, tables, chairs, leather seating. Wipe of these kinds of surfaces with a cleaning agent to clean off soil and spray mist with a hospital grade virucidal disinfectant
- Staff will set up tables and chairs and also clean and remove and store

Guidance for Swimming Pool

- Resident will require to book/sign up ahead of time during the times that Staff are on site to ensure guidance with the Alberta Covid-19 guidance and AHS
- ***From Alberta.ca : Hotel Pools and Condominium Pools Hotel, motel, apartment and condominium pools may reopen in Stage 2, provided that a responsible person is available to ensure guidance in this document is followed.***
- Book your visit time and **arrive on time and leave on time** even if you came late
- Resident will be requested to submit names and contact information of attendees to support public health contact tracing efforts in the event that an attendee tests positive or an outbreak is identified. Providing information is voluntary for attendees.
- Records will be kept for two weeks
- Maintain social distancing in pool and on deck
- Do not share water bottles and towels
- Limit of 8 people from cohort family at a time allowed in pool
- **AHS requires all patrons to shower before entering the pool or hot tub- sauna shower is available with soap dispenser**
- Wash hands often with soap and water
- Men's changeroom is converted into unisex changeroom/bathroom – lock is available on entry door

Guidance for Squash Court

Squash Court

- Booking online with Fitness App and FOB will be programmed for access
- Where not playing with family members, participants should play with a cohort
- Participants are to bring their own clean equipment
- Wash hands often with soap and water
- Hand sanitizer provided in common fitness area
- Men's changeroom is converted into unisex changeroom and bathroom

Guidance for access to Lockers/Changerooms

- Maintain social distancing and wear masks when possible
- Do not gather or loiter in change rooms, parking areas, common areas before, during or after your appointment time. You must leave the building at the end of your appointment time no matter when you show up.
- Men's Changeroom and bathroom will be available with social distancing restrictions in place. Lockers will be locked and not in use
- Floor sticker will be placed in entry of men's changeroom
- Please hand wash often with soap and water
- Hand sanitizer provided in common fitness area

Guidance for Tennis/Multipurpose Court

- Booking online with Fitness App and FOB will be programmed for access
- Maintain social distancing and wear gloves when possible
- Bring your own cleaned equipment and balls
- Mini leagues are a way to cohort individuals who participate in a sport or physical activity in close proximity of others. Mini-leagues help to mitigate risk of widespread transmission by limiting the number of individuals in close contact.
- Bring your own sanitizer

Guidance for Event Room Bookings (later launch with exception of Fitness Program)

- Event room booked to only resident's personal events at this time, no business or outside non-resident rental
- Maintain social distancing and wear masks is recommended
- People maximum permitted for indoor gathering- including attendees, staff, photographers, and volunteers
- People maximum permitted if tables and chairs are required due to distancing and spacing of tables/chairs
- Chairs and tables will be pre-arranged 2 metres apart by staff. Stickers on floor will indicate where tables are to be placed and remain. Maximum of 4 people/chairs per table will be seated and family cohort seating is recommended per table
- Person responsible for booking must sign Declaration form
- Office will retain Declaration form for 2 weeks for tracing purposes
- Person responsible for booking must provide and maintain a list of attendees
- Hand sanitizer is provided upon entry and in the kitchen area
- Theatre style seating for meetings will have chairs spaced 2 metres apart
- Hand sanitizer on each table is encouraged to be supplied by renters
- Surcharge will be implemented for staff to clean and sanitize Event room and kitchen, chairs and tables, etc.
- Only 1 booking will be accepted per day
- Food service providers are required to follow the Food Regulations and oversee buffets and self service options.
- Non Compliance to Uplands policies will result in termination of booked event party