



COVID-19 Safety Policy

Exercise is a vital part of mental and physical health, especially during pregnancy and postpartum. Our goal is to create approachable and safe fitness options for new parents and parents-to-be at all times, and especially now during COVID-19. We want our families to be as happy and healthy as they can be!

With this in mind, we are keeping on top of the most recent provincial COVID- 19 guidelines to keep our participants as comfortable and safe as possible, and have made some additions and changes to our programs.

COVID- 19 Screening Form

Manitoba COVID-19 Self-Screening Tool must be completed before each class. If you or someone in your household is experiencing symptoms or has travelled, or has been exposed to someone with COVID-19, please review the latest guidelines as they are changing often. Please don't attend while you or baby are sick. If you need to miss class, email us in advance and you will be offered the chance to make-up.

Combination of Outdoor, Indoor and Virtual Programs

For Fall 2020 we are offering a combination of outdoor, indoor and virtual classes to support parents of varying comfort levels to join our programs. We will continue to strive for a good mix of options as we head into late fall and winter, including smaller group indoor classes, virtual options and outdoor options like Babywearing Hikes and Snowshoeing.

Group Size & Physical Distancing

Class Sizes have been reduced to 12 spots for outdoor programs and 7- 12 spots for indoor programs depending on the location. For indoor locations, we are following the Manitoba guidelines to ensure there are more than 6 feet between participants. We have added additional class options at Linden Woods CC for fall and winter to make use of the huge gymnasium there. Physical distancing is required at all outdoor and indoor classes, for both adults and babies. Class plans have been changed to accommodate distancing, and instructors will provide reminders.

Arriving at Class

Please arrive no more than 15 minutes prior to class and sanitize/wash your hands on entry and exit to all facilities.

Use of Masks

Masks are currently either strongly recommended or mandated when entering and exiting ALL indoor facilities, and optional during exercise class. At Nest Family Centre masks are mandated pre/post class. We are prepared to follow all future facility policies and will communicate any changes to our groups. Please wear a mask when you arrive and depart an indoor class.

Use of Locker Rooms for Aquafit classes

Participants are encouraged to dress at home but will be permitted to dress at the facility. For the Rady JCC, only every 4th locker is open to spread out usage. Our groups will self-stagger after class to limit the number of people in the lockers at a time. Cleaning wipes are available and facility cleaning schedule is posted.

Equipment

Whenever possible, we are requiring participants to bring their own equipment such as yoga mat and weights or resistance band to class to reduce contact. See your class description for details. In classes where this is not feasible (Aquafit, circuit classes, or forgotten items) our equipment will be sanitized before and after class.

Make-Up Classes

We already have a flexible make-up class policy because we work with parents and babies. If you are registered for a regularly priced Fit Together Winnipeg program, you can make up a maximum of 2 missed classes per session, space permitting, in a class that allows drop in. All missed (non COVID- related) classes need to be made up in the current session and cannot be carried over to the next session. Email aileen@fittotogetherwpg.ca 24 hours prior to making up a class.

That being said, if your absence is COVID- 19 related, please contact us for a personalized make-up plan and we can extend timelines as needed. Video make-up classes are also available. We want everyone to be healthy and safe!

Guests

Guests are not permitted to watch classes at this time due to limits on facility capacity.

Refunds

Refunds are not available except with a medical note. Class credit may be arranged, and policies vary by location.

If a class is cancelled by us, a make-up class or credit will be arranged.

If classes are cancelled due to a future provincial shut-down, credits or make-up classes will be arranged, depending on the location. Virtual classes may be offered. We will figure out how to get you your classes!

Facility-specific Policies

[Linden Woods CC policies](#)

[Nest Family Centre policies](#)