



Whitecap Dakota First Nation Fitness Centre Health Check COVID-19 Update

Community Fitness Centre is open from 8 am – 7 pm daily*

Your safety and the safety of our community members and employees are very important during this time of global pandemic. For that reason, COVID-19 Health Checks for all users of the Fitness Centre are now mandatory and effective immediately.

You must complete an online Health Check before you enter the Fitness Centre. It is private, secure, only takes a few moments, and will help prevent the spread of COVID-19 and keep everyone safe. If you have any symptoms of COVID-19 or have been in contact with a confirmed or probable case or have travelled outside of the country in the last 14 days, access to the Fitness Centre will be denied.

Click on this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=u6FmVqVwPkasIEyMyBeyhBpgZQEZ3ctHiPbANiOJvTZUMjJBR0U2VILUKISNzVOWUJUOFhFUURRTC4u>

Scan the QR Code from your Mobile Device's Camera to complete Health Check:



Community Fitness Centre Rules:

- Max time is restricted to 1 hour per day. Please leave the building when you complete your workout to allow other users to use the Fitness Centre;



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- Max occupancy is two (2) users at a time. If there are two (2) people at the Fitness Centre when you arrive, please wait until one (1) person leaves the building;
- No handshakes or greetings with physical contact;
- Pay attention to the safety posters and guidelines in the Fitness Centre;
- Keep a 2 meter distance between yourself and others at all times;
- Practice good hand hygiene (frequent hand washing and sanitizing);
- Avoid touching your eyes, nose and mouth.
- Practice good respiratory hygiene (cover your mouth/nose with bent elbow or tissue if you need to sneeze or cough);
- Disinfect the equipment using the disinfecting spray and paper towel before and after each use;
- Do not use the showers.

If you have any questions or concerns, please contact Kristen Netmaker, Recreation Coordinator, at the Health Centre (306) 373-4600. Note that Kristen will be away until September 7 inclusively and all inquiries can be addressed to Carrie Desnomie at the Health Centre.