

Please self-screen yourself and your child prior to coming to the gym each week. Upon arrival, you will be asked if you have self-screened, and we will confirm that the answers to all questions were "no". If you answer "yes" to any of the questions below, please do not come to class.

Do you have any of the following:

Fever

Cough

Difficulty breathing

Sore throat

Trouble swallowing

Runny nose

Loss of taste or smell

Not feeling well

Nausea, Vomiting, Diarrhea

Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?

Have you returned from travel outside Canada in the past 14 days?

If you answered yes to any of these questions, do not come to class.
Call telehealth or your healthcare provider to find out if you require a test.