



June 17, 2020

**Expanding fitness opportunities – City re-opening limited access to Sportsplex weight room
Next step: outdoor fitness classes**

Campbell River's Sportsplex weight room will soon re-open – with limited access and new health and safety measures to reduce the risk of spreading COVID-19.

"We have carefully developed a re-opening strategy that allows our community the opportunity for a safe return to our facility and weight room," says Michele Sirett, acting manager of the City's Recreation and Culture Department. *"People will notice several changes and be expected to follow new procedures established by provincial authorities to help keep weight room users and our employees healthy."*

New guidelines for use will help keep people in the Sportsplex safe. These include:

- Numbers of people allowed in the weight room will be limited, and use must be booked in advance.
- Weight room equipment has been spaced apart in four different areas, to support appropriate physical distance.
- Safety signs are posted and additional cleaning supplies are installed for weight room users.
- Additional cleaning of equipment required before and after use.

Starting June 22, people will have limited access to the Sportsplex weight room, which will be available in 90-minute time slots, Monday to Friday from 8:30 a.m. to 4 p.m.

Use must be booked in advance, and the reservation system will open June 17. Book a work out space and time online at campbellriver.ca/recreation-programs.

Full details including guidelines for weight room use and instructions on how to make a reservation are posted on the City of Campbell River website.

"Our fitness community is eager to get back to using the weight room again and have sent dozens of emails and messages asking us about opening," says fitness supervisor Mary Fast. *"We are eager to welcome them back to safe weight room spaces and help them get in the work out they have been waiting for."*

To complement weight room access, the City's Recreation and Culture Department is developing outdoor fitness classes.

"Building on the popularity of our online classes, we're now planning for gradual introduction of outdoor fitness classes," Sirett adds. *"These classes will be structured around guidelines and recommendations from provincial authorities, including the BC Recreation and Parks Association and Work Safe BC."*

Timing for outdoor classes is yet to be determined.

Questions? Please leave a message for the Recreation Department at 250-286-1161.

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Media contact: Michele Sirett, Acting Manager, Recreation and Culture

250-286-1161