



June 17, 2020

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**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](http://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