

Barres + Wheels

COVID-19 safety plan

We are thrilled to welcome you back into our studios!

This plan has been developed in accordance with Ontario's guidelines to keep people safe during the COVID-19 pandemic and following Ontario's Workplace Safety protocols.



Barres and Wheels' Cleaning Standards

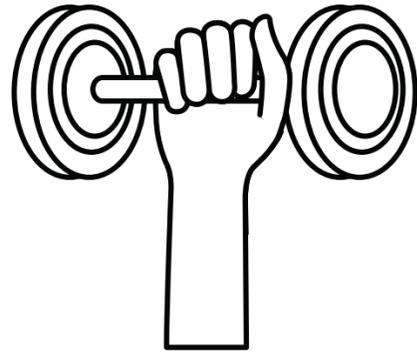
Clean Clean Clean

B+W is assigning designated cleaning staff during each shift to ensure that all touch points are being sanitized with top-quality, hospital grade disinfectant sprays and wipes. Studios and equipment will be sanitized after each class.

You name it, we're cleaning it.



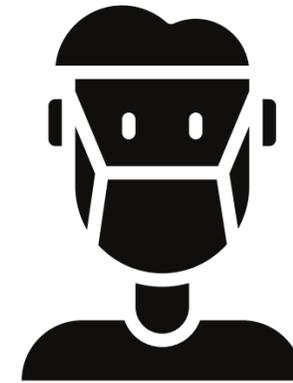
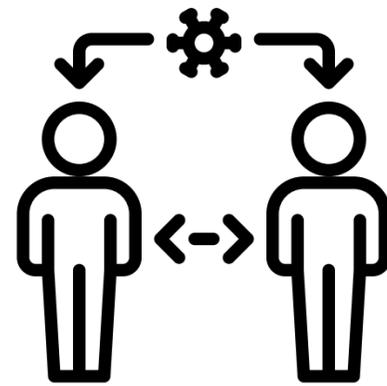
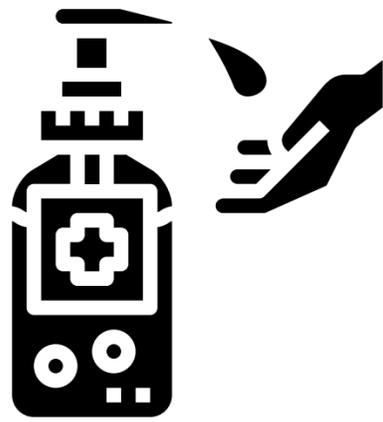
Barres + Wheels



Let's Take It A Step Further

To give everyone even more peace of mind, we are going above and beyond your standard cleaning protocols. To ensure the safety of staff and members, we're taking things a step further with the latest antiseptic technologies.

- Our studios have each been equipped with an air filtration system which will be running during and between classes. This filtration systems kills 99.99% of airborne viruses!
- Every piece of equipment, floors and touch points will be cleaned using hospital grade H2O2 based products and steam cleaned using an industrial steamer.



Studio Access

We're taking every precaution to ensure you have a fun, safe workout.

- Our doors will remain locked until 15 minutes prior to class. You will be asked to wait outdoors and observe social distancing prior to your class.
- Prior to entering the studio, a team member will ask you to sanitize your hands and your temperature will be taken. Members with temperatures of 100.4 Fahrenheit or higher will not be admitted. (Updated 6/21/20)
- As required under City of Ottawa By-Law 2020-186, facial masks covering your mouth, nose and chin are mandatory when entering our studios. You may remove your mask if you choose once your instructor prompts you, immediately at the start of the class, during exercise. Your instructor will remind you to put it back on after class. (Forgot your mask? Don't worry, disposable masks can be purchased for a small fee.)

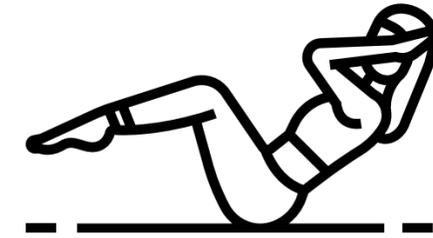




Once inside

- Our change rooms and showers will not be accessible at this time. Please come ready to workout and bring a small bag to bring your personal effects with you beside your mat or bike.
- Washrooms will be accessible strictly on an emergency basis. We know it's a bit much, but let's focus on the safety factor here!
- We will not fill up water bottles, please come prepared! Flow water may be purchased and put on your account.





Your Workout – Studio and Equipment Access

- Since we have greatly limited the number of spaces available, we will only allow members who have pre-registered for the class to enter the studio. No last-minute drop-ins to ensure everything runs smoothly!
- Spin shoes will be available to rent for a small fee, however we strongly recommend you to bring your own. (Our pedals can fit Delta and SPD cleats) Better yet, we can sell you a pair!
- Please bring your own sweat towels and your own mat. Towels will be available to purchase if you forgot yours, and mats can be rented for a small fee.



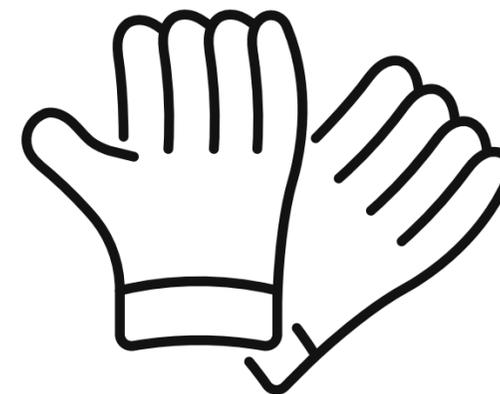
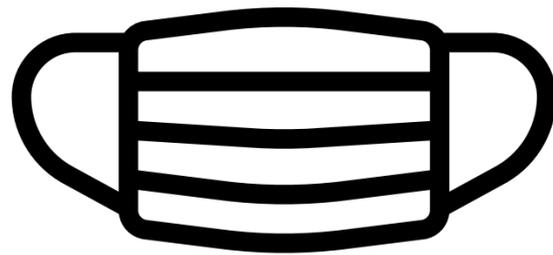
B+W's Member Protocols

Here's how you can help keep B+W safe and fun for everyone

- All members will be asked to maintain appropriate social distancing. As much as we miss high-fives and hugs, they will be strictly forbidden to keep everyone safe.
- Members with potential symptoms will be asked to take an "Off Day" and to follow Ontario Public Health's guidelines. Please let us know as soon as possible so we can remove you from class. We have changed our late cancelation window to two hours.
- If you have travelled outside of the country, we ask that you do not visit our studios for a period of 14 days. But hey guess what! Barres and Wheels at Home offers classes every day!



Barres + Wheels



B+W's Staff Protocols

Beyond increased cleaning measures, B+W's staff are taking extra steps to ensure your safety.

- Staff members will go through a health check prior to each shift. This will include a temperature check at the start of each shift.
- Any staff member that shows symptoms related to coronavirus will be required to stay home and follow Ontario Public Health's recommended steps.
- Staff will be discouraging close proximity workouts on an ongoing basis.
- Staff members will be required to wear protective face masks/coverings at all times.
- Staff are recommended to wear gloves at all times. It is mandatory that staff wear gloves while cleaning equipment and facility touch points.
- Only one staff member will be allowed at the front desk at any given time.



We can't wait to see you soon!



Barres + Wheels