



Attention everyone,

We take the concerns regarding the Novel Coronavirus (COVID-19) very seriously at RSF. Though we continue to believe the risk of transmission at RSF and in British Columbia is currently low, the health and safety of our members, staff, and visitors to the gym is our highest priority. As a precaution, we are in the process of increasing current cleaning practices; as well as adding additional hand sanitizer stations and sanitary wipes throughout the facility. We already use very high quality cleaning supplies and are ensuring we maintain a high stock. Additional paper towel stations and cloths will be made available throughout the facility – so please ensure you are wiping down machines after use!

We are closely monitoring updates from the BC Centre for Disease Control (BCCDC) and the Public Health Agency of Canada (PHAC) who have said that the likelihood of contracting COVID-19 in British Columbia remains low. We also ask to keep yourself informed by reliable health sources such as the BCCDC and PHAC:

[http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-\(novel\)](http://www.bccdc.ca/health-info/diseases-conditions/coronavirus-(novel))

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

How you can protect yourself and others

- Anyone who has cold or flu symptoms is advised to stay home from work or school.
- **If you are concerned that you may have been exposed to coronavirus**, please stay home and contact your healthcare provider to get advice.
- **If you have travelled to China, Iran, Italy, Hong Kong and South Korea**, you should self-isolate for 14 days after you arrive in Canada, meaning stay at home and limit contact with others.
- Stay home when you are sick.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Cough or sneeze into your elbow if a tissue is unavailable.
- Avoid others who are unwell.

These are everyday habits that can help prevent the spread of several viruses. We also ask that ALL MEMBERS please refrain from coming to the gym if you are sick to ensure the safety of yourself and others.

Thank you,
RSF Management

13-Mar-2020