



GYM SAFETY PROTOCOLS Rules and Facts Sheet

*It is essential to control access to the Kingdome in order to ensure our users respect the new protocols put in place to limit the spread of COVID-19. Here is the pertinent information to know before your next visit.

- Users must fill out the [online screening form](#) before entry to gym.
- Maximum occupancy of cardio room is 5 people, weight room is 3 people and gym is 5 people per quadrant.
- **Gym bookings** can be made by emailing athletics@ukings.ca – one booking per group of 5 – all names must be listed in the email request and all must fill out the screening form.
- **Cardio and weight room bookings** may be booked online (individual):
<https://www.picktime.com/UKCgymnasium>
- Enter through main doors, across from library.
- One person permitted in the lobby at a time, mask must be worn.
- Give name to gym staff. They will check university ID and ensure you have completed the online check-in.
- Sanitize hands.
- Enter gym and head to designated space.
- If booked in the gym, gear must be kept in your quadrant or half, booking dependant.
- You may remove your mask at this time.
- Varsity teams use team equipment, recreational users to bring their own equipment.
- Use the washroom to the left of the bleachers (formerly the women's washroom). One person allowed in the washroom at a time. Sanitize hands before and after.
- Once designated practice or booking time is over, users must exit immediately. No lingering permitted.
- Weight and Cardio room – Users must clean all used equipment prior to their 45 mins ending.
- Cardio room – Users must note which equipment they used on the sign in sheet, located in the cardio room.
- Exit via Dal side (next to Physio clinic) only. Sanitize prior to departing.
- **NO other entry or exit doors are allowed to be used.** Failure to adhere to this rule will cause the user to be denied access to the gym.

**The Kingdome is only open to King's College students, staff and faculty. Not outside users are permitted into the building at this time.*