



What is World Gym doing to prevent the spread of COVID-19?

World Gym is closely monitoring information and recommendations from the Public Health Agencies of Alberta & Canada.

In addition to our regularly scheduled cleaning, we have advised our staff members to sanitize common surfaces multiple times throughout the day. We have increased the Hand Sanitizer Dispensers in our facilities and increased onsite supplies. Information has been placed throughout the facility to educate our members on wiping down the machines as well as proper hand washing procedures.

All our staff members have also been educated on the most effective way to prevent the spread of germs from the World Health Organization and proper Health & Safety protocols.

How our Members can help:

You can stay healthy and help prevent the spread of infections by:

1. Washing your hands often with soap and water for a minimum 20 seconds (there are posters above all sinks displaying proper hand washing techniques via the World Health Organization)
2. Use the Hand Sanitizer provided conveniently at each door upon entry & exit
3. Use the provided cleaning supplies through out our facilities to wipe down equipment, machines, handles and weights before and after use
4. Avoiding touching your eyes, nose or mouth with unwashed hands
5. Avoid coughing or sneezing into your hands
6. Stay at home if you are sick or starting to feel unwell to avoid spreading illness

What if a Member or Staff Member is diagnosed with COVID-19

World Gym is encouraging all of our members to follow what the Public Health Agencies have in place for testing protocols. If we are informed by any Agencies that one of our members/staff have been diagnosed with COVID-19, we will promptly carry out any instructions set out by said Agencies. World Gym will continue to monitor the situation and will update members via Email, Facebook, Instagram and our Website.

We are encouraging all our members to following trusted sources of information by valid Public Health Agencies and not social media or word of mouth.

A few that we recommend are:

World Health Organization: <https://www.who.int/>
Alberta Health Services: <https://www.albertahealthservices.ca/>
Government of Alberta: www.alberta.ca