

**March 16, 2020**

Attention everyone,

Due to growing concerns in regards to the Novel Coronavirus (COVID-19), we regrettably announce that we are **suspending ALL drop-in passes, 10 day passes, new trainer clients, and new memberships until further notice.**

We are deeply saddened by this decision, but we feel it is necessary to protect our staff, members, as well as our fiduciary duty as a business to contain this virus within British Columbia and in Canada. This will limit the amount of people in the facility at any given time in order to create more social distancing within the facility. With that being said, we please ask that everyone continue to take precautionary health measures.

We are still closely monitoring updates from the BC Centre for Disease Control (BCCDC), the Public Health Agency of Canada (PHAC) as well as the Federal, Provincial and Municipal Governments.

**Reminder to protect yourself and others by**

- 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 anywhere outside of Canada;** 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