



Media Release

Date: January 19, 2021

For immediate release

RDCK fitness centres to reopen on January 20

Nelson, BC: As announced by the Provincial Health Officer (PHO) on Tuesday, fitness centres at Regional District of Central Kootenay (RDCK) recreation facilities are permitted to reopen as of Thursday, January 20, 2022. Space will be limited due to capacity restrictions, and guests will be required to reserve their visits in advance.

“We are excited to welcome guests back into RDCK fitness centres and provide safe, high-quality recreation experiences,” said Joe Chirico, General Manager of Community Services at the RDCK. “Fitness centres and gyms are opening January 20, but reopening our other fitness programs and services may take some time, and our schedule might look different from what customers are used to. Thank you to our guests for their patience.”

Capacity limitations for fitness activities have been set by the PHO to provide each participant with 7 sq. m. of unencumbered space, and time between sessions is required for ventilation. This may affect registered programs and fitness class schedules as well as the length of reserved fitness sessions. Over the next few weeks, staff will be revisiting fitness program schedules so that registered fitness activities can resume.

Participants are asked not to arrive more than five minutes before their class or workout time. They should come dressed in their workout clothing if possible to minimize time in change rooms, and to leave immediately after their activity.

Time-based memberships (RDCK Active Passes) have been put on hold until February 16, 2022. Pass-holders who wish to have their passes re-activated during this period should contact their local recreation facility.

To reserve a fitness centre time slot, visit www.rdck.ca/recreation or call your local recreation facility.

Participants are still required to wear a mask in all public indoor spaces at RDCK recreation facilities. Masks are not required while exercising, but are encouraged. Fitness instructors, personal trainers and staff are required to wear a mask and maintain physical distance from participants. Proof of full vaccination is also still required for many recreation programs and services, including aquatics.

If you are sick or have any symptoms of COVID-19, please stay home. You will not be charged a fee in the case of cancellation due to COVID-19.

Recreation customers are advised that staff shortages—due to COVID-19 as well as seasonal colds and flus—may lead to a reduction in facility operating hours or the cancellation of programs. Program participants will be advised of changes to programs or schedules.

To view all current provincial or regional restrictions, visit the COVID-19 information page on the BC government website: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>.

If there are any changes to restrictions or any new restrictions announced, information will be shared at www.rdck.ca/recreation and on RDCK Facebook pages.

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that serves 60,000 residents in 11 electoral areas and nine member municipalities. The RDCK provides more than 160 services, including community facilities, fire protection and emergency services, grants, planning and land use, regional parks, resource recovery and handling, transit, water services and much more. For more information about the RDCK, visit www.rdck.ca.

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