



## REGIONAL DISTRICT OF CENTRAL KOOTENAY

# MEDIA RELEASE

July 21, 2020  
For immediate release

### **Indoor fitness centres to re-open in Castlegar, Creston and Nelson Pre-registration is required, no drop-ins allowed**

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Nelson, BC: The Regional District of Central Kootenay (RDCK) is pleased to offer a return to fitness, as indoor weight rooms and fitness centres in Castlegar, Creston and Nelson are set to re-open Monday, July 27.

In order to use the weight room or fitness centre at your community complex of choice, users will reserve a dedicated time slot to come into the facility to workout. No drop ins will be allowed. Each facility will offer specific times throughout the day for bookings and each session will have a maximum capacity to allow for strict physical distancing. The length of each workout session is 75 minutes and the cost will be \$7.00 + tax. All payments must be done online or over the phone. To reserve (register), view hours of operation and availability, go to [www.rdck.ca/recreation](http://www.rdck.ca/recreation) or phone your local recreation complex for more information.

Castlegar & District Community Complex	250-365-3386	<a href="mailto:casrec@rdck.bc.ca">casrec@rdck.bc.ca</a>
Creston & District Community Complex	250-428-7127	<a href="mailto:crestonrec@rdck.bc.ca">crestonrec@rdck.bc.ca</a>
Nelson & District Community Complex	250-354-4386	<a href="mailto:nelrec@rdck.bc.ca">nelrec@rdck.bc.ca</a>

For your safety and those around you, the following procedures and guidelines must be followed in order for the RDCK to offer indoor weight room access:

#### **Before You Arrive**

- Make a workout reservation (No drop-ins) online or over the phone up to 5 days in advance
- No memberships or punch passes can be used
- Cancellations (except for COVID-19 related symptoms)/no show are non-refundable
- Complete the COVID-19 self-assessment tool
- If you are sick, stay home
- Must be a minimum of 13 years of age
- Dress in your workout clothes (change rooms and lockers will not be accessible)
- Do not bring valuables into the facility
- Bring a water bottle filled (Refilling stations are available – no water fountains)

### **What to expect when you Arrive**

- Please line up 2 meters apart at the main entrance (the doors will be closed)
- A fitness technician will let you in 5 minutes before your workout reservation, escort and orient you to the fitness centre
- You will sanitize your hands when entering the fitness centre (The RDCK recommends wearing a mask in the facility when you are not working out)
- Everyone will get their own spray bottle and towel that is turned in at the end of their session for disinfection and laundry.
- Follow all floor and wall signage that indicates direction of travel and spacing requirements
- Be respectful to staff and other users by maintaining 2 meters physical distance at all times
- No partner workouts will be permitted

The RDCK understands the impact of not having regular indoor recreation programming available; the goal is to re-open areas of the facilities that can be properly monitored and controlled, while abiding by COVID-19 policies and procedures. This, above all, will keep our community safe and protect the most vulnerable by helping to keep the curve flat. At this point, our indoor pools, meeting rooms and arenas will remain closed to the public, but staff is actively engaging community groups to prepare COVID-19 safety plans for these facilities.

“We are working hard to provide the best experience while keeping everyone safe and healthy,” said Joe Chirico, General Manager of Community Services. “This is an important step toward many opportunities the RDCK could potentially offer moving into the fall. The goal is to expand the programs, facilities and get people moving while remaining safe.”

The RDCK appreciates the patience of all our users as we implement a new service with COVID-19 policies and procedures in place. We are excited to once again open our doors and welcome our loyal patrons back to our facilities and stress the importance of following all safety protocols.

Recreation and parks services will continue to be reviewed regularly as new information and protocols become available.

*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](http://www.rdck.ca).*

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#### **For further information, please contact:**

**Joe Chirico**  
**General Manager of Community Services**  
Regional District of Central Kootenay  
Tel: 250 352-8158  
Email: [jchirico@rdck.bc.ca](mailto:jchirico@rdck.bc.ca)

#### **For media enquiries:**

**Dan Elliott**  
**Communications Coordinator**  
Regional District of Central Kootenay  
Tel: 250-354-3476  
Email: [delliott@rdck.bc.ca](mailto:delliott@rdck.bc.ca)