

Risk Mitigation Protocols

It is the responsibility of the participant to read this document and acknowledge understanding of all information below. If you do not read and acknowledge the below, you will NOT be permitted to run your test and you will NOT be refunded.

BEFORE ARRIVING ON CAMPUS

- If you show any signs of COVID-19 specific symptoms stay home and notify staff at the Welcome Desk at **780-497-5300** that you are unable to test.
- Warm-up with 10-15 min of light cardio (*i.e. biking, running, or bodyweight plyos*) to gradually increase HR and blood flow, which will aide in the cardiovascular aspect of the course and then a do a handful of functional movements (*i.e. push-ups, squats, wall-slides, dynamic stretches*) to get the muscles firing and prepped for the demands of the agility and strength components of the course.
- Thoroughly wash and sanitize your hands.
- Note - bring what you need for the testing (*i.e. paperwork, filled water bottle, sport towel, clean indoor running shoes and proper workout attire*).

CHECKING IN

- Due to very tight time restrictions if you arrive any more than 10 min past your start time you will **NOT** be permitted to test that day and will **NOT** receive a refund.
- Once at Sport and Wellness check-in at the Welcome Desk where staff will confirm:
 - You have read, understood and checked off this disclaimer
 - You have watched the test overview video
 - You have with you the applicable medical clearance and government-issued photo ID
 - You have filled out the digital waiver/consent forms and data sheet
- If all the paperwork is in order, Welcome Desk staff will instruct participants to follow the traffic flow floor decals to the north court gym entrance across from the storage room in the HPZ hallway where Fitness staff will take over. Do not walk through the gymnasium.

GENERAL ON-SITE RISK MITIGATION PROTOCOLS

- Dedicated separate facility enter and exits
- COVID-19 specific guideline signage throughout facility

GENERAL ON-SITE RISK MITIGATION PROTOCOLS CONTINUED

- Welcome Desk plexiglass barriers
- Traffic flow and physical distancing spacer floor decals throughout facility
- Hand sanitizer stations throughout facility
- Frequent common touch point cleaning throughout operational hours
- Staff work-plans created to abide by Health authority guidelines
- Patrons and staff should stay home if COVID-19 specific symptoms are present
- Updated programming cancellation policy to address COVID-19 specific reasoning

TESTING-SPECIFIC RISK MITIGATION PROTOCOLS

- Group testing broken down into 1 hour time slots with a maximum number of 6 participants per slot
- Removal of on-course practice time to help decrease amount of time participant is expected in the facility
- Most paperwork moved to digital format to decrease handling of paper
- Separate pre-test health screening and post-test clearance stations (with seating 2 meters apart to abide by physical distancing measures)
- Disinfecting of the PARE/COPAT test equipment between each participant
- Increased number of BP cuffs for pre/post test measuring to decrease the sharing of equipment amongst participants

NOTES

- Participants are not required to wear masks on campus. Alberta Health Services does not recommend the wearing of face masks during high-intensity activities due to an increased restriction in airflow. As the PARE and COPAT tests require a max effort, for the safety of all involved we will not allow participants to run these tests while wearing a mask. Sport and Wellness has taken extra steps to ensure your safety while in our facility.

DISCLAIMER

I HAVE READ, UNDERSTOOD AND WILL COMPLY WITH ALL GENERAL FACILITY GUIDELINES AND TESTING-SPECIFIC PROTOCOLS AS IT PERTAINS TO MY PARTICIPATION IN THE MACEWAN UNIVERSITY SPORT AND WELLNESS OCCUPATIONAL TESTING