

## **SANITARY RULES**

Nobody can come to Circuit-Est if she/he:

- Has COVID-19 or is experiencing symptoms of COVID-19: fever, a new cough or a cough that gets worse, difficulty breathing, sudden loss of sense of smell without nasal congestion [with or without loss of taste];
- Has been in contact with someone diagnosed with COVID-19;
- Is returning from travel outside Canada for less than 14 days or have been in contact with someone returning from such a trip.

If this is the case, the person must stay or return home until she/he is able to meet established health standards.

## **NO FEE WILL BE CHARGED FOR A CANCELLATION DUE TO THE PRESENCE OF SYMPTOMS OR FOR HAVING BEEN IN CONTACT WITH SOMEONE DIAGNOSED WITH COVID-19.**

All must respect the following guidelines:

- Wear a mask upon arrival and in all common areas;
- Disinfect their hands as soon as they enter the premises;
- Complete the traceability log at entry and exit;
  - Disinfect or wash hands with soap for at least 20 seconds: before or after touching their face (eyes, nose, mouth);
  - after coughing, sneezing or wiping their nose;
  - before and after using the washroom;
  - after handling something that is frequently touched;
  - before wearing and removing protective equipment;
  - when leaving the premises;
- Covering your mouth and nose when you cough or sneeze into the bend of your elbow;
- Immediately dispose of any waste that may be contaminated [wipe, mask, gloves, handkerchiefs, etc.].

## **INSTRUCTIONS FOR STUDIO USERS**

- In order to avoid contact with another user, do not arrive more than 5 minutes before the time of booking and do not leave more than 10 minutes after booking;
- Access and leave the studio at the exact time of your reservation;
- Bring the minimum of personal belongings;
- Wear a procedure mask and protective eyewear [protective glasses or visor covering the face down to the chin] when the distance of 2 metres with another person [head to head] cannot be respected;
- As much as possible, limit the amount of equipment, objects or accessories that can be handled;
- It is not allowed to use the curtains in the studios;
- The shower at Espace Saint-André is not accessible.

## **ZERO TOLERANCE**

**FAILURE TO FOLLOW THE RULES AND INSTRUCTIONS BY ANYONE USING THE PREMISES OF CIRCUIT-EST WILL HAVE CONSEQUENCES:**

- **FIRST, A WARNING;**
- **SECONDLY, AN IMMEDIATE EXPULSION FROM THE PREMISES.**