



RETURN TO SAFE TRAINING PROTOCOL

Sanctioned by Boxing Ontario

March 1st, 2022

Ontario Government lifts Capacity Restrictions for Indoor Sport Facilities and ends Proof of Vaccination requirements for businesses, in addition to ending physical distancing requirements. Masks are encouraged to be worn inside however are not mandated while working out.

If you have any questions or concerns please email info@westendac.com.

Thank you for your patience during these unprecedented times!

The Cappuccitti Family and the entire West End Athletic Club Team.

February 22nd, 2022

Indoor capacity restrictions have been removed in regards to the West End Athletic Club.

January 31st, 2022

Updated Public Health Measures in regards to the West End Athletic Club effective January 31st at 12:01 a.m.:

- Re-opening our doors and maintaining capacity limits to 50%.

Details in the [link](#) of the Government of Ontario site.

January 5th, 2022

Ontario temporarily moving to Modified Step Two of the Roadmap to Reopen. West End AC is affected as announced:

- Closing indoor sport and recreational fitness facilities including gyms.

As of January 5th, 2022 we will be closing our doors for 21 days or until further instructed by the Government of Ontario. All memberships will be placed on hold as of January 5th and no further automated payments will be made from your accounts. Once we do re-open your auto-payment date will be re-adjusted to take into account the number of days we are in lock-down.

Stay Safe and KEEP ON FIGHTING!

The Cappuccitti Family and the entire West End AC team.

WEST END ATHLETIC CLUB

www.westendac.com info@westendac.com 416-621-1234. : [westend.ac](https://www.instagram.com/westend.ac)



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December 20th, 2021

The Ontario government announced updated measures to protect against COVID-19. Please find the original press release here:

- [Ontario Taking Action to Protect Against Omicron Variant](#)
- [Responding to Omicron and Protecting Our Progress](#)

To Summarize:

- Effective December 20th, 2021, requiring proof of vaccination for youth ages 12 to 17 years participating in organized sports in recreational facilities.
- Effective January 4th, 2022, requiring the use of the enhanced vaccine certificate with QR code and the Verify Ontario app in our gym. The QR code can be used digitally or by printing a paper copy. Individuals can download their enhanced certificate with QR code by visiting <https://covid-19.ontario.ca/book-vaccine/>.
- Strengthening the verification process for medical exemptions and clinical trial exemptions by requiring a certificate with a QR code. Organizations and businesses that are under the provincial proof-of-vaccination system will be advised to no longer accept physician notes as of January 10, 2022.
- Gym capacity reduced to 50% occupancy.

We thank all the the West End Athletic Club's members and clients for their patience, cooperation and understanding during these ever changing times.

OCTOBER 25th, 2021

As of October 25th, 2021, capacity limits, including physical distancing requirements are lifted in indoor areas of sports and recreational facilities such as gyms where physical fitness trainers provide instruction where [proof of vaccination](#) is required.

SEPTEMBER 22nd, 2021

As of September 22, 2021, you must show proof of double vaccination unless you have an official note from your doctor.

THIRD STEP

RE-OPENING DATE : **JULY 16th, 2021**

Here at the West End AC we have been actively preparing to have you return to the gym. We will re-open on **July 16th, 2021** - the THIRD STEP of the province's three-step plan on their Roadmap to ReOpen. Here's what you need to know that will help keep you and our gym environment safe.

- OPEN GYM or GROUP CLASS sessions must be pre-booked prior to arriving at the gym.

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- An automated health screening is conducted at the time of your booking.
 - We will follow the indoor fitness facility capacity limit defined by the Ontario Government.
 - OPEN GYM sessions are 60 minutes long and GROUP CLASSES are 50 minutes long.
 - Arrive 10 minutes before your booked session.
 - Face masks are required except while training.
 - Bring indoor athletic shoes, your own boxing gloves and wraps, yoga mat and water bottle.
 - Change rooms and showers will be open.
 - Members are asked to clean anything they come in contact with in the gym with the supplies provided.
 - Equipment and facility will be disinfected daily with Victory Electrostatic Disinfectant Sprayer.
 - 6' physical distancing floor markers will be displayed.
 - No contact during training and classes.
 - All of our doors are TouchFree and auto-opening.
 - Our water filling station is TouchFree.
 - TouchFree Purel dispensers are installed in the reception area, at the entrance of the gym and throughout the gym space.
 - HVAC and FRESH AIR EXCHANGE systems are in place in our facility.
 - If you plan on participating in Boxing related training you must be registered with Boxing Ontario as a Recreational Member at www.boxingontario.com The fee for a 2021 Recreational Membership is \$20.00.

We will all work together to keep each other SAFE, HEALTHY and ACTIVE, physically, mentally and emotionally!!

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