

Novel Coronavirus (COVID-19)

What is GoodLife doing to prevent the spread of COVID-19?

GoodLife is following the recommendation of every major public health agency, including the Public Health Agency of Canada (PHAC), to encourage all Members and Associates to regularly wash their hands using water and soap which is available at all of our Clubs. This is the most effective way to reduce the spread of all communicable illnesses including COVID-19. We also have professional cleaners using hospital-grade cleaning solutions in our Clubs every day and have industry-leading cleaning solutions located throughout each location for our Members and Associates to wipe down equipment after each use. We have also taken a number of additional proactive steps to update some of our policies and procedures that are also listed on our FAQ page.

GoodLife is closely monitoring information and recommendations from the Public Health Agency of Canada. We are sending out regular communication to keep our sanitization procedures as thorough as possible and to provide our staff with best practices in hand washing and respiratory hygiene. Should new information be shared by public health experts we will reevaluate and continue to update our procedures if needed.

You can stay healthy and help prevent the spread of infections by:

- washing your hands often with soap and water for at least 20 seconds. This is the PHAC's recommended method of proper hand hygiene;
- avoiding touching your eyes, nose or mouth with unwashed hands;
- avoiding close contact with people who are sick;
- coughing or sneezing into your sleeve or tissues and not your hands;
- staying home if you are sick to avoid spreading illness to others, and
- use the provided cleaning supplies and paper towel in the Club to wipe down equipment/machines before and after use.