

WELLNESS AT GVSD

A Healthy Start to 2019 - We all know that exercise is important for our health and wellness but did you know that we have partnered with some local facilities to offer discounts for employees and in some cases our spouses? See this year's options to help you on your way to a healthy year!



- **Crystal Pool and Fitness**— Membership includes pool, weight room and cardio areas as well as drop in fitness classes and is a great option near downtown. **Register by Feb 15th** as our membership year starts on March 1st.
- **Club Phoenix** - Push your limits at Club Phoenix Langford with group fitness, weight room and staff to help achieve your goals. They offer flexible membership options and discounted rates to staff and spouses.
- **Panorama Rec Center** - A great option for everyone in North/Central Saanich or Sidney areas. A \$215 annual membership for GVSD staff and spouses allows full use of the weight room, fitness classes, aquatics and skating! **Register by Feb 15th** as our membership year starts on March 1st.
- **Steve Nash Fitness World** - Get fit and have fun! If you didn't sign up last year, try it free from March 1 - 21 and see which membership option is best for you. Located at Uptown this facility has a lot to offer!
- ***NEW*** **West Shore Recreation** - Is now offering GVSD a discount on annual memberships which include weight room, fitness studio, aquatics, skating and drop in sports. Get 10 to 20% off depending on how many people sign up. **Register by Feb 15th** as our membership year starts on March 1st.

NEW **9Round West Shore**—9Round offers a full-body workout that's fast, effective and fun; and you won't get hit, just fit! With no class times, 30 min is all you need to get started on this exciting fitness course! \$89/month.

Please click on the link for details and contact Courtney to register.

Courtney Askew, HR Advisor, Attendance Support,
Disability Management & Wellness - 250.475.4163

ASBESTOS LABELING REMINDER

The majority of GVSD sites contain asbestos containing material (ACM).

All the ACM in the GVSD is encapsulated to ensure workers are not exposed. Staff need to know where ACM is located and we provide this information on school maps and with use of red dots.

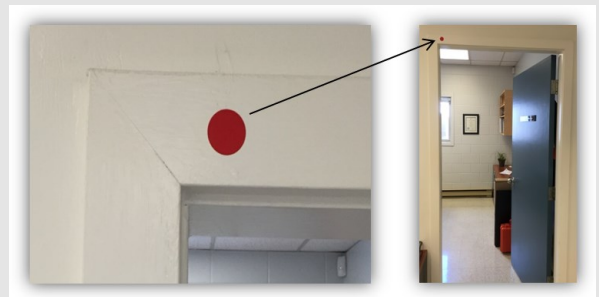
Red dots are used on the door frame of each room to let the workers know that the room contains ACM. (See photo below)

The ACM in the room may be in a variety of formats, for example; dry wall filler, floor tiles, pipe insulation in the ceiling, ceiling tiles, etc.

DO NOT put nails, tacks, screws into walls or stick tape on walls as it may damage the ACM in the drywall filler or other compounds inside the wall (e.g. vermiculite insulation).

If damage occurs in the room, the worker will need to remove occupants from the room and call the custodian who will then determine if the material is asbestos containing, by looking at the sites detailed maps.

If a custodian determines the substance is ACM, facilities will be called immediately.



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