

HOW TO SET UP AND USE AN ALERT APP TO MONITOR PERSONAL SAFETY IN THE MAYNE ISLAND FITNESS CENTRE

Note: For safety when working out alone, Mayne Island Community Centre fitness centre users must download and use a smartphone app capable of sending an alert to an emergency contact if a timer in the app goes to zero. Some examples are “Panic Button Emergency SOS” (by Solvaday) for Android phones, and “My SOS Family” for Android or iPhones.

The app must be capable of automatically calling and/or texting the emergency contact(s) you enter with your location and a custom message.

Below are some general app setup steps. Specific steps will depend on the app you download from the Apple Store or Google Play, and the device you are using.

GENERAL APP SETUP STEPS

1. Download an emergency alert app for your device (smartphone, smart watch, etc.). The **Panic Button Emergency SOS** app works well for Android devices.
2. Give the app any needed permissions to enable it to send an alert to a contact that includes a message and your location.

ENTER EMERGENCY CONTACTS

- In the contacts section of the app, add the contact(s) that will be texted and/or called when the countdown timer reaches zero.

ENTER A MESSAGE

- In the message section of the app, enter the message that you want to be sent to your emergency contact(s) if the timer runs out without you stopping or resetting it (something like “Hi, I am at the Mayne Island community centre fitness centre working out alone, and I may be injured and need help.”)

SET THE TIMER

1. Find the timer section of the app (usually indicated with a clock icon).
2. Set the timer to a maximum of **15** minutes. This time is the maximum specified by the Community Centre insurance policy.

Tip: some emergency alert apps have a “warning” feature that will let you know when the timer is about to run out so you have time to reset it before an alert is sent. If available, use this to help prevent false alarms.

USE THE APP WHILE IN THE FITNESS CENTRE ALONE

1. Before beginning your workout, open the app.
2. Ensure the app timer is set to a maximum of 15 minutes, and start it.
3. Reset the timer each time it approaches the set time (maximum 15 minutes).
4. Use the app until you are no longer by yourself in the Fitness Centre.