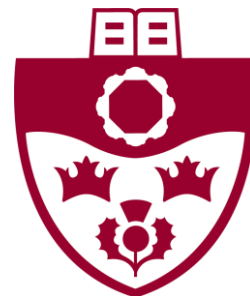


COVID-19 Return to Business Operations Plan

SAINT MARY'S UNIVERSITY DEPARTMENT OF ATHLETICS &
RECREATION



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General principles

- There will be fewer pieces of cardio and weight training equipment available to support physical distancing requirements.
- A maximum of 51 members will be permitted in the facility at any appointment time.
 - Weight Room – 10
 - Cardio Room (1st floor) – 10
 - Cardio Room (2nd floor) – 5
 - Spin Room – 10
 - Squash Courts – Up to 4 people may play squash in a single court
- Members will be required to book an appointment to use the Homburg Centre. Appointments will be booked in the [Fusion Online Member Portal](#).
- Appointments will be for an hour and a half (90 minutes) each.
- There will be a total of eight (8) exercise appointment periods per day Monday to Friday. **Note:** SMUfit is not currently open on weekends.
- Members are limited to one appointment per day.
- Upon first visit to the facility, membership sign-up/reactivation/renewal and signing of any enhanced waivers will be included in this 1.5-hour allotment. See attached daily schedules. Please take this into account when planning your workouts.
- Members will be able to book their exercise/squash appointments online three (3) days in advance.
 - Once we are open they can also call to book an appointment 902-420-5555.
 - Exercise/Squash appointments can be completed up to 15-minutes prior to the start of a booking period.
 - Exercise/Squash appointments previously booked may be cancelled up to 30-minutes prior to the booking period.
- Members will be required to complete a Covid-19 health screening questionnaire during the booking process.
- Members who do not show up for their appointments may lose the ability to book future visits.
- Members **must** use their SMUfit membership card to access the facility. Entry will not be permitted without it. This is to ensure proper contact tracing via the card scanners.
- Robust cleaning measures will take place in between appointment periods, but members will be expected to clean equipment before and after each use, as well. Staff will also be present during appointments periods to provide spot cleaning of equipment, where possible.

- Shared items such as yoga mats, stability balls, medicine/slam balls, stretching tubes/bands, plyometric boxes, etc. will not be available for use.
- Facility access is for members and SMU students only. Day passes, multi-use passes or walk-ins will not be accepted at this time.
- Water fountains are available, but for water bottle filling only.
- Locker rooms, and showers are 'online' and available for use.
 - Lockers are for day use only, and items must not be stored in lockers outside of workout periods.
 - Towel service remains 'offline'. Please bring your own towel.
 - Please make sure to factor in the time it takes to shower into your exercise booking time.

The following areas and services are **unavailable** until further notice:

- Locker rentals (only day use permitted)
- Towel service
- Steam Room
- Sauna Room
- Group Fitness/Active Living Classes
- Personal Training

Capacity

- There has been sufficient literature on the topic of spacing in fitness facilities, when considering the reopening of any fitness facilities. While 6 feet of separation is considered the traditional distancing norm, for the consideration of SMU's Homburg Centre we are using a standard of 8 feet of separation for determining the capacity in our areas of operation, due to the increased respiratory rates that occur in people while participating in fitness regimes of any kind.
- Taking 8 feet of separation into account, the following is the recommended capacity of the Homburg Centre for the initial phases of any re-opening plans;

Space	Capacity
Weight Room	15
Cardio Room (downstairs)	10
Cardio Room (Upstairs)	10
Spin Room	10
Squash Courts	16 (max. 4/court)
Total Capacity	61

Modified hours

Operating Periods Monday - Friday (Covid-19 re-opening)	
Exercise Period 1	06:00—07:30am
Cleaning Period 1	07:30—8:00am
Exercise Period 2	08:00—09:30am
Cleaning Period 2	09:30—10:00am
Exercise Period 3	10:00—11:30am
Cleaning Period 3	11:30am—12:00pm
Exercise Period 4	12:00—1:30pm
Cleaning Period 4	1:30—2:00pm
Exercise Period 5	2:00—3:30pm
Cleaning Period 5	3:30—4:00pm
Exercise Period 6	4:00—5:30pm
Cleaning Period 6	5:30—6:00pm
Exercise Period 7	6:00—7:30pm
Cleaning Period 7	7:30—8:00pm
Exercise Period 8	8:00—9:30pm
Cleaning Period 8	9:30—10:00pm
*Members wishing to use the gym on the 8:00pm time slot M-F to take note of the 90-minute exercise period. Additional time will not be permitted after 9:30pm.	

Booking Procedures

Members will be required to book an appointment to use the Homburg Centre. Appointments will be booked in the [Fusion Online Member Portal](#).

Members will be allowed to book 90-minute times once daily. Members may also book through front desk staff in business hours by calling 902-420-5555.

Only students with active memberships, public year and monthly members will be allowed to book. Day and Multiple use passes will not be allowed.

Contact Tracing

Contact tracing is a key strategy for preventing further spread of Covid-19. Immediate action is needed. In this vein, SMU A&R will work collaboratively with health authorities to stop the transmission of Covid-19.

For this purpose, all persons entering the building will be traced to ensure identification of any person at any date or time can be guaranteed. The Fusion booking software, along with our membership card scanners will ensure the ability to contact trace.

Screening

Health screening will be completed online, via the online booking appointment process. If a member books in-person, or over the phone, our staff will be asking the screening questions directly to the member.

If there is any change in health/symptoms between the time of booking and the time of appointment, it is the member's responsibility to monitor their own symptoms, and action according to Public Health guidance.

If a member presents with any of the symptoms below, they should be staying home;

Any Nova Scotian with one of the following symptoms should visit the [COVID-19 self-assessment website](#) or call 811:

- Fever
- Cough or worsening of a previous cough

Anyone with two or more of the following symptoms is also asked to visit the [website](#) or call 811:

- Sore throat
- Headache
- Shortness of breath
- Runny nose

Building Flow

Entry:

- Members queue out front of the Homburg Centre doors a few minutes prior to their appointment, for entrance through the Front Entrance doors. Entrance/Exit Door Staff is located in the Front Lobby doors of the Homburg Centre Front Entrance.
- Members will only be permitted access to the facility up to 5 minutes ahead of scheduled appointment time (i.e. 11:55am entry for a 12:00pm booking appointment).
- Members will check-in at the Front Desk of the Homburg Centre, where staff will verify that they have an appointment time for that given exercise period.
- Upon confirmation of having an appointment, patrons will be allowed entry, and ask to use their membership ID card to scan in through the turnstiles.
 - Members will not be allowed access without a Member ID Card present to scan in.
- Members flow through the Front Desk turnstiles, and make their way to the gym/squash courts – staying on the right-hand side of the hallway while entering.

Exit:

- Patrons flow from the gym/squash courts area, into the hallway on the right-hand side.
- They exit out of the front doors of the Homburg Centre, for exit through the right-hand side doors (doors furthest away from the Dauphinee Centre) of the front entrance.

Inside the facility, room capacity and facility regulations are enforced by student staff. Each room has a designated entrance and exit and flow pattern for the space, with the exception of the squash courts area, which only has the single entry/exit hallway running to and from it. Equipment will be spaced to ensure physical distancing measures, with some equipment being offline or moved where warranted.

As part of the booking procedures each member must acceptance the usage agreement waiver which will include the acceptance of adherence to facility procedures and safety protocols established to ensure public health parameters are met.

Safety

Dedicated Workout and Cleaning Periods

Members will have a maximum allotted time of 1.5 hours. This allows for a dedicated 30 minutes for staff to reset the facility and clean equipment in preparations for persons using facility in the next time slot.

Ventilation

We are keeping up-to-date with institutional regulatory bodies (APPA, CUABO, etc.), to ensure our ventilation and air handling systems are up-to-date with regulatory bodies as it relates to COVID-19. We will continue to monitor information as it comes out regarding these systems, and intend to keep up with industry best practice with these units, as it relates to COVID-19.

Cleaning Products

We will be using a host of cleaning products to help patrons and staff maintain cleanliness and sanitation of exercise areas and high touch surfaces. They are as follows;

- Basix Neutral Disinfectant (Staff use only) – Safety Data Sheet ([INFO](#))
- Air X 75 (Staff use only) – Safety Data Sheet ([INFO](#))
- Certainty Wipes (Patron use) – Safety Data Sheet ([INFO](#))
- Steri Wipes (Patron use) – Safety Data Sheet ([INFO](#))

Due to supply chain variability, there may be the need to update this list over time.

All products that both staff and members will have available to them are listed on the [Government of Canada's list](#) of disinfectants with evidence for use against COVID-19.

Equipment Hygiene and Sanitization

We will take measures to train and educate all staff members regarding the risk conditions of Covid-19 and will accordingly modified our operational services, sanitization and hygiene procedures to focus on high frequency touch points and common use surfaces. Additionally, SMUfit will allow for additional time at end of day closing for staff to conduct a more thorough cleaning of the facility in preparation of next day's use.

- Members are provided with access to cleaning supplies (see cleaning section, above).
- Members are asked to spray/wipe down and thoroughly wipe equipment contact surfaces including seats, handles and attachments before and after use.
- If at any time cleaning supplies are misplaced or additional materials needed, please bring attention to on-duty staff member(s).
- Members requiring equipment attachments or accessories are asked to sanitize those accessories prior to those being available for use by other members.
- Available equipment & machines in the Weight Room, Cardio Rooms, and Spin Rooms have been spaced to ensure members are at least 2 metres (6 feet) apart while working out.
- Hand sanitizer stations will continue to be available through the facility, and at the entrances of the exercise areas. We ask that you consider sanitizing your hands upon entry into these spaces. In addition to the hand sanitizer stations, a portable hand wash station has been added to the front lobby of the building to allow members to wash their hands prior to entering the exiting the building.

General Facility Hygiene and Sanitization

- Members as well as staff will be required to practice safe hand and respiratory hygiene (cough/sneeze into elbow) at all times within the facility. Additional hand sanitizer has been made available, including hand sanitizing stations that are strategically located throughout the facility.
- In order to significantly reduce the amount of touch points and risk of potential transmission, SMUfit will not be providing sweat towels, shower areas, steam/sauna rooms, water fountain use. Mounted floor and ceiling fans will not be turned on to reduce particle movements throughout the facility. These restrictions will be revisited as we continuously evaluate our progress and experience with the safe re-opening protocols.
- Protective barriers: glass/plastic shield will be installed at our front desk to provide an additional level of protection between staff and members entering/leaving the facility. We will have one staff member behind this desk throughout operating hours.
- Entry & Screening: There will be a single-entry point for patrons to the Homburg Centre. Upon entering through the entrance doors patrons will be asked a series of screening questions by staff. At this same time staff will verify that the person has a reservation for this time slot. If screening is clear, and they have a booking for the given time slot then the patron will pass through the doors and scan in with their membership card at the turnstiles, as per usual.
- Exiting: Patrons flow from the gym/squash courts area, into the hallway on the right-hand side. They exit out of the front doors of the Homburg Centre, for exit through the right-hand side doors (doors furthest away from the Dauphinee Centre) of the front entrance.
- Personal protective equipment (PPE). Gloves will be made available for staff to use when needed. Cloth face masks have been made available to staff members. These are required at all times when in the building, unless when in the act of exercising.

Facility Adjustments

All of the following items/tasks have been completed, or are on-going;

- Plexiglass Barriers: In place at the front desk
- Stanchions: In place to assist in queuing and directional flow patterns
- Signage: Guidance on flow, facility parameters, and proper hygiene practices

- Fusion Booking software set-up for booking of appointments online for contact tracing
- Weight Room, Cardio and Spin rooms inventoried with either movement of equipment and or disabling for proper physical distancing and functionality
- Cleaning product purchased
- Personal protective equipment (PPE). Gloves will be made available for staff to use when needed. Cloth face masks have been made available to staff members. These are not required to be worn if maintaining minimal 2m/6' physical distancing at this time.

Signage

- Entry and Exit signage - Front doors reinforcing Health Protocols and Facility procedures
- Lobby Signage – reinforcing health precautions
- Reinforcement signs – proper hand washing, Covid-19 procedures and education

Do Your Part

For the health & safety of everyone, all members are expected to comply with SMUfit's code of conduct. Non-compliance may result in a verbal warning, temporary suspension or membership ban.

Screening - Members are required to answer a pre-screening questionnaire for symptoms of COVID-19 prior to entering the facilities. Members who are sick or feeling ill, please consider others and stay home. Please answer these questions truthfully. Together, we can keep each other safe.

Masks - As per Public Health and University guidelines face masks must be worn while in common spaces on campus. Please follow the guidelines below for when/where a mask needs to be worn;

While walking through the building to your workout area - you must have a mask on at all times.

When in exercise areas you may take your mask off once you have reached your exercise area of choice, as long as physical distancing of 6 feet can be ensured. If physical distancing cannot be ensured, please wear a mask (i.e. spotting someone lifting weights).

Staff will be required to wear face masks.

Physical Distancing - Members are reminded to practice safe physical distancing from others, at least 2 meters (6 feet), at all times when accessing the facilities. Members are also reminded of the importance of good personal hygiene practices, such as frequent hand washing or appropriate respiratory hygiene (i.e. cough/sneeze into your elbow).

Cleaning Exercise Equipment - Members are required to wipe down all equipment (benches, dumbbells, bar bells, handles, plates, etc.) before and after each use. Disinfectant wipes will be readily available for member use.

Respiratory Hygiene - Members as well as staff will be required to practice safe hand and respiratory hygiene (i.e. cough/sneeze into your elbow) at all times within the facility.

Appendix A – FAQ

What's NEW at SMU Homburg Centre for Health and Wellness?

- Online booking for workout sessions - pre-registration is required.
- Students and Members will be required to complete a COVID-19 health screening questionnaire during the booking process.
- You ***must*** use your SMUfit membership card or student card to access the facility. Entry will not be permitted without it. This is to ensure proper contact tracing.
- Day passes, multi-use passes or walk-ins will not be accepted at this time.
- Gym hours have been modified. Open hours are now 6:00AM to 10:00PM Monday to Friday, with eight (8) 90-minute exercise periods during that time. Please see details below;

Operating Periods Monday – Friday (Covid-19 re-opening)	
Exercise Period 1	06:00—07:30am
Cleaning Period 1	07:30—8:00am
Exercise Period 2	08:00—09:30am
Cleaning Period 2	09:30—10:00am
Exercise Period 3	10:00—11:30am
Cleaning Period 3	11:30am—12:00pm
Exercise Period 4	12:00—1:30pm
Cleaning Period 4	1:30—2:00pm
Exercise Period 5	2:00—3:30pm
Cleaning Period 5	3:30—4:00pm
Exercise Period 6	4:00—5:30pm
Cleaning Period 6	5:30—6:00pm
Exercise Period 7	6:00—7:30pm
Cleaning Period 7	7:30—8:00pm
Exercise Period 8	8:00—9:30pm
Cleaning Period 8	9:30—10:00pm
*Members wishing to use the gym on the 8:00pm time slot M-F to take note of the 90-minute exercise period. Additional time will not be permitted after 9:30pm.	

Note: Additional time will not be permitted at the end of the session; members must promptly leave the building to allow for proper deep cleaning between scheduled appointments.

A maximum capacity of 61 students/members will be permitted in the facility at any appointment time.

- Weight Room – 15
- Cardio Room (1st floor) – 10
- Cardio Room (2nd floor) – 10
- Spin Room – 10
- Squash Courts – 4 (max. per court)

Appointment/Reservation FAQs

What is the new workout booking procedure?

A workout time must be pre-booked online via the [Fusion Member Portal](#).

Each student/member will be allowed to book one 90-minute session once daily and no more than 3 days in advance.

How close to an exercise/squash appointment time can I book?

You may book an appointment up to fifteen (15) minutes prior to the start of a given workout period, as long as there is capacity in that appointment.

How close to the exercise/squash appointment time can I cancel my appointment?

You may cancel your booked appointment up to thirty (30) minutes prior to the start of a given workout period.

How do I complete an online booking?

([SMU Student Video Tutorial](#)) ([SMUfit Community Member Video Tutorial](#))

Go to <https://athletics.smu.ca/>

Login to your account – Login can be found at the top right-hand portion of the screen;

- SMU Students – Login via the SMUport button with your S# and associated password
- Community Members (community member/SMU staff/SMU faculty) – Login via ‘Guest’ button. If you do not have a member portal account, you must create a member portal account (see info below).

Go to “Facility Reservations” and select the day of the week of your intended workout.

Choose your desired workout/exercise time(s), and complete the check-out process.

I’m a Community Member, and don’t have a member portal account. How do I sign-up? ([Video Tutorial](#))

If you’re a Community Member with SMUfit, you must create a member portal account before you can book an exercise period time.

- To create a member portal account please follow the steps below;
- Go to <https://athletics.smu.ca/>
- Click on ‘Sign-up’ on the member portal site. ‘Sign-up’ can be found at the top right-hand portion of the screen, beside the login option.
 - The link to the Sign-up page > athletics.smu.ca/Account/Register
 - When filling out the info on this page, please be sure to keep the following in mind;
 - Create whatever username and password you would like
 - Please enter the email address you wish to have us contact you via.
 - Your Member # (M#) can be found on your membership card/keychain card which you have used to scan in in the past.

- When entering your member number to set up your profile, do not use a dash. I.e. M-278016 should be M278016.
- Need help? Call the Homburg Centre Front Desk (902-420-5555) for assistance.

How can I book an appointment online? ([SMU Student Video Tutorial](#)) ([SMUfit Community Member Video Tutorial](#))

Once logged into your account, go to “Facility Reservations” and select the day of the week of your intended workout. Choose your desired workout/exercise time(s), and complete the check-out process.

How can I book an appointment over the phone?

Call the Homburg Centre Front Desk (902-420-5555) for assistance.

How can I cancel an appointment online? ([Video Tutorial](#))

If you need to cancel your reservation time, you may do so up to 3 hours before your scheduled appointment. To do so, please follow the steps below;

Step 1) Login to your profile at: <https://athletics.smu.ca/>

Step 2) Click on your Username (top right corner), and click on ‘Profile’

Step 3) Click on ‘Programs’ (left hand side of screen)

Step 4) Click on the three vertical dots on the right-hand side of the appointment

Step 5) Select ‘Cancel Registration’, and follow prompts

How can I cancel an appointment over the phone?

Call the Homburg Centre Front Desk (902-420-5555) for assistance.

What happens if I’m late or I miss my scheduled appointment time?

With decreased capacity in our building, in order to promote physical distancing, it is important to cancel any appointments via our [online member portal](#) (see video tutorial on how to cancel your session, above), or via the Front Desk (902-420-5555).

If you miss your first scheduled appointment we will send an email reminder of the importance to cancel your appointment in advance.

If you miss an additional scheduled appointment slot, students and members will have their account suspended for 48-hours. Any future violations of the cancellation policy may result in suspension of service for greater periods of time.

I don't have an email and/or computer, how do I book an appointment?

Call the Homburg Centre Front Desk (902-420-5555) for assistance.

Cleaning & Safety FAQs

What are the NEW safety measures at SMU Homburg Centre for Health and Wellness during COVID-19?

- Measures have been taken to train and educate staff members regarding the risk of COVID-19. Operational services, sanitization and hygiene procedures have been modified to focus on high frequency touch points and common use surfaces. SMUfit will also allow for additional time at the end of day closing, for staff to conduct a more thorough cleaning of the facility in preparation of next day use.
- Students/members and staff will be required to practice safe hand and respiratory hygiene at all times. Additional hand sanitizer and hand sanitizing stations have been made available throughout the facility.
- Mounted floor and wall fans will not be turned on to reduce particle movement throughout the facility.
- Ventilation are inspected and maintained on a frequent basis, and windows kept open (when feasible, due to temperature) in exercise areas to assist in ventilation.
- Protective plastic barriers have been placed at the front desk to provide an additional level of protection between staff and members entering/leaving the facility.
- There will be a single-entry point for patrons to SMUfit. This will be through the marked front doors of the Homburg Centre. Upon entering the facility, staff will be on hand to assist patrons with verifying reservations, providing directions, and customer service.

- When exiting the facility, patrons will be expected to flow through the marked exit door for the facility, which will be located at the front doors of the Homburg Centre.
- Staff will be required to wear masks at all times while in the facility.
- Patrons will be required to wear masks at all times while in the facility, except while in the act of exercising.

How are you screening?

Health screening checks will be completed online, via the online booking appointment process. If you book in-person, or over the phone our staff will be asking you the screening questions.

As always, if there is any change in your health/symptoms between the time of booking and the time of your appointment, it is the member's responsibility to monitor symptoms.

If you present with any of the symptoms below, please stay at home;

Any Nova Scotian with one of the following symptoms should visit the [COVID-19 self-assessment website](#) or call 811:

- Fever
- Cough or worsening of a previous cough

Anyone with two or more of the following symptoms is also asked to visit the [website](#) or call 811:

- Sore throat
- Headache
- Shortness of breath
- Runny nose

What are your cleaning protocols at SMU Homburg Centre for Health and Wellness?

We have adopted a multi-layered cleaning protocol in addressing the cleaning/sanitation of our facility. We have placed additional staff resources in

the exercise areas to assist in maintaining sanitary standards, and assisting members maintain a safe and healthy environment.

A 30-minute cleaning transition period is completed after each exercise period. The cleaning period provides our staff with the necessary time to sanitize workout spaces. In addition, workout spaces will undergo a deep clean at the end of each night to ensure the space is properly sanitized ahead of the next day of operations.

To assist in keeping our spaces sanitized, we have invested in our patrons safety with the purchase of a number of [Victory electrostatic sprayers](#), which will be used in unison with our cleaning products.

What type of disinfectants do you use and are they government approved?

We will be using a host of cleaning products to help patrons and staff maintain cleanliness and sanitation of exercise areas and high touch surfaces. They are as follows;

- Basix Neutral Disinfectant (Staff use only) – Safety Data Sheet ([INFO](#))
- Air X 75 (Staff use only) – Safety Data Sheet ([INFO](#))
- Certainty Wipes (Patron use) – Safety Data Sheet ([INFO](#))
- Steri Wipes (Patron use) – Safety Data Sheet ([INFO](#))

Due to supply chain variability, there may be the need to update this list over time.

All products that both staff and members will have available to them are listed on the [Government of Canada's list](#) of disinfectants with evidence for use against COVID-19.

Membership FAQs

How do I apply for a NEW gym membership?

Call, or visit the Homburg Centre Front Desk (902-420-5555), in-person, for assistance.

How do I RE-NEW my gym membership?

Call, or visit the Homburg Centre Front Desk (902-420-5555), in-person, for assistance.

Can I purchase a day pass if I do not have a membership?

No. We will not be offering the purchase of day or multi-use passes at this time. You must have a membership if you would like to book an exercise period.

I have a membership related question you haven't outlined here, who do I contact?

Please contact info.athletics@smu.ca with any questions regarding your membership you may have.

Gym Services & Facilities FAQs

Will lockers be available?

Yes – Lockers are available day use only at this time. Personal items must be taken with members at the end of your workout period. Locks will be cut off lockers that are left over night.

Why aren't the steam room, sauna and showers working?

Currently, we will not be offering service to the steam room, or sauna room in order to reduce the number of touchpoints in our facility, and based on recommendations. Your 90-minute workout session is limited to use of the weight room, cardio room, spin room, locker room, and showers only.

Are change rooms and washrooms available for use?

Yes, locker rooms, including washrooms and showers are open. Please follow signage and direction in these areas - Wear a mask while in transit through common areas, and maintain proper physical distancing.

Will members be required to wear masks while working out?

Masks must be worn entering, exiting, and walking throughout the building. The only exception is while in active exercise. Ex. If you're walking from one piece of equipment to another, you should be masking up.

Will towel service be available?

No. Towel service has been placed on hold in order to reduce the number of touchpoints in our facility, and based on recommendations; we will look into resuming this service at a later date.

What equipment is available for working out?

Free weights (dumbbell/bar bell), spin bikes, cardio machines and weight machines/benches will be available. Be prepared for fewer machines being available.

Shared items such as yoga mats, stability balls, stretching tubes/bands, ab-roller, etc. will not be available for use.

Can we workout/stretch in the hallways?

No. All workouts must be restricted to the rooms open for exercise use (weight, cardio, spin rooms, and squash courts).

In relation to the Squash Court area – only the Squash Courts are permitted for exercise. This means masks must be worn in the hallway immediately outside of each individual court.

What happens if a COVID-19 case has been identified at SMU Homburg Centre for Health and Wellness?

When anyone (staff or student/member) tests positive for COVID-19 and has been at a business, Public Health contacts the business, and works directly with the business to identify any potential close contacts. Public Health will conduct a risk assessment to determine if any close contacts need to self-isolate and receive a test.

Public Health will directly contact anyone who needs to self-isolate. In some cases, this means Public Health contacts the business that person was in when they might have been contagious, and ask for assistance in reaching out to the close contacts at a specific period of time.

If Public Health, or a business, doesn't contact you that means they have decided the risk to anyone present is low.

Can I use the water fountain?

Students/members are encouraged to bring full water bottles as there will only be one water fountain available for water bottle fill-up. Mouth pieces have been deactivated.

Will there be fitness classes or personal training?

No. All Active Living/Group Fitness classes and personal training will not take place until further notice.

Can I book to use a fitness room or classroom?

No. Use of any rooms other than those specified is prohibited for the time being.

Are Squash court bookings available?

Yes, Squash Courts are currently open, and available for booking for both SMUfit Plus members and SMU Students. Please use the facilities reservations tab on the website to book a court time, via the same process as booking an exercise appointment time.

Will the Track, Field, or Basketball Courts be open/available for general use?

No. The Track, Field, and Basketball courts have restricted access at this time to assist in cutting down the amount of cleaning required. As these parts of our facility come back online for general use, we will update stakeholders in advance.

I've heard there is a COVID-19 Testing Centre in your facility - is that safe?

That is true. Saint Mary's University has partnered with the Nova Scotia Health Authority to have a NS Health COVID-19 assessment centre located in the Community Room (small basketball court). By partnering with NS Health, we are ensuring that members of both our local community and campus community have a safe and secure centre in their community to be tested for COVID-19.

All entry and exit points for accessing the COVID-19 assessment centre are separate from the entry and exit points for accessing the SMUfit areas of operation. This includes separate door access, and different staff oversight by NSHA staff, and Homburg Centre staff.

Appendix B - Squash – Return to activity

Book a Squash Court

SMUfit Plus members will be required to book a workout time, either online or by phone at (902) 420-5555, in advance of accessing the facilities until further notice. Bookings for courts may be completed up to 3-days (72 hours) in advance.

Member court booking times are limited to 90-minute sessions at the Homburg Centre.

- Consecutive booking periods are not permitted at this time.
- Members will be required to exit the facility at the end of their exercise period, no additional time will be granted outside of the booking period.
- Squash court access is restricted to SMUfit Plus members only, for the time being.
- Day passes, multi-use passes, guests, or walk-ins will not be accepted at this time.

Book a squash court online

- Go to <https://athletics.smu.ca/>
- Login to your account – Login can be found at the top right-hand portion of the screen
 - Community Members (includes SMU Staff & Faculty) – Login via ‘Community Member’ button. If you do not have a member portal account, you must create a member portal account (see info below for how to create a portal account).
- Click on “Facility Access” (left side of screen, or icon)
- Under ‘Classifications’, click on ‘Book – SMUfit (Squash)’
- Click on the day of the week you wish to book an appointment – Please remember appointments only open up for booking 3 days in advance.
- Choose your desired court time(s), and complete the check-out process.

Create your member portal account

If you’re a Community Member (includes SMU Staff/Faculty) with SMUfit, you must first create a member portal account before you can book an exercise period time.

To create a member portal account please follow the steps below;

- Go to <https://athletics.smu.ca/>
- Click on ‘Sign-up’ on the member portal site. ‘Sign-up’ can be found at the top right-hand portion of the screen, beside the login option.
 - The link to the Sign-up page can also be found at <https://athletics.smu.ca/Account/Register>

- Fill out the info on this page, please be sure to keep the following in mind;
 - Create whatever username and password you would like
 - Please enter the email address you wish to have us contact you via.
 - **'Member Information' is where you need to put your Membership #**
 - **Your Member # (M#) can be found on your membership card/keychain card which you have used to scan into the facility**
 - **When entering your Member # in the 'Member Information' field to set up your profile, please enter it in the following format only: M-27801**
 - **The additional numbers after the first 5 digits are not required**
 - Need help? Call 902 420-5555 for assistance.

Squash Court Information

Below, please find basic tenets the squash court specific info to be aware of;

- Only one SMUfit Plus community member is required to book the squash court
- Up to four (4) individuals may play on a squash court at a time
 - All four of these individuals must be SMUfit Plus members
 - All individuals playing on a given court must sign their names on the court check-in sheet on that given court for additional contact tracing
- Capacity for the squash courts area is twenty (16) people maximum
 - This is to allow for the ability for doubles matches to occur on all four courts at one time
 - There are no spectators allowed at this time
- Members are asked to assist in keeping the squash space sanitary. Members are asked to use the sanitary wipes, which are located at the end of the squash hallway, to wipe the interior and exterior handles of the squash court doors before and after each session.