



SAINT MARY'S
UNIVERSITY SINCE 1802

**ATHLETICS &
RECREATION**

Date: April 13, 2021

To Our Valued Members:

We wanted to share our plans for the next phase of reopening the Homburg Centre for Health and Wellness.

SMUfit operations will resume activity with the following measures in place;

Screening

Effective April 19th, we will be ceasing the health screening at the Front Doors of the Homburg Centre. Moving forward, the health screening will remain 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 booking and the time of your appointment, it is the member's responsibility to monitor your own 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

Building Entry

Effective April 19th, in coordination with our change in screening via the Front Doors, we will be changing the entry protocols for appointment bookings.

Members will only be permitted access to the facility up to 5 minutes ahead of scheduled appointment time (ex. 11:55am entry for a 12:00pm booking appointment). If you do arrive more than 5 minutes before your appointment time you will be asked to leave the facility.

Morning Session

Effective Monday, May 3rd we will be expanding our operating hours to an additional morning time slot. This time slot will be 6:00am – 7:30am, and will be followed by a 30-minute cleaning period.

With this additional period, our hours of operations Monday – Friday will be as follows;

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.	

Online Registration

Effective immediately, members will now be able to book an exercise or squash appointment up to 15-minutes prior to the start of a booking period, as long as there is capacity at that session.

Appointment Cancellation

Effective immediately, members will now be able to cancel a booking of an exercise or squash appointment up to 30-minutes prior to the start of that.

Appointments may be cancelled online, via the [member portal](#) or via the Front Desk (902-420-5555).

Additionally, we have posted a [‘how to’ guide](#) on performing a booking cancellation online via our YouTube Channel.

How to Guides

We have posted instructional videos on the following topics on our YouTube Channel;

- [How to perform a booking cancellation online via the Member Portal](#)
- [How to book an exercise/squash appointment – SMU Student](#)
- [How to book an exercise/squash appointment – Community Member](#)
- [How to sign-up for a SMUfit Member Portal account – Community Member](#)

Shower Access

Members are reminded that while showers are back online, towel service has not resumed. Additionally, if using the showers, please make sure to factor in the time it takes to shower into your exercise booking time. Additional time to shower is not permitted after the exercise period has ended (i.e. If the exercise session ends at 2pm, you must be out of the building by 2pm).

Holiday Hours

As a reminder, we have updated our Holiday Hours ahead of the Spring/Summer months. They can be found below;

2021 HOMBURG CENTRE HOLIDAY HOURS		
HOLIDAY	DATE	HOURS
Victoria Day	Monday, May 24, 2021	CLOSED
Canada Day	Thursday July 1, 2021	CLOSED
Natal Day	Monday, August 2, 2021	CLOSED

Facility Safety Measures

Please remember the following when working out in the facility;

- Membership Cards – It remains important for members to make sure they have their cards with them before leaving their residence to come to the gym. Gym access will not be allowed without a membership card. This is important due to contact tracing requirements.
- Masks must be worn, except while in the act of exercising.
 - If you're moving between pieces of equipment, or locations in the gym, we ask that you please 'mask up' while moving around the facility.
- Maintain 6 feet of separation at all times. Remember, if you're not exercising, you must 'mask up'.
- Areas permitted for exercise are;
 - Squash Courts 1-4
 - Weight Room
 - Cardio Room
 - Spin Room
- Practice proper respiratory hygiene – Cough/sneeze into your elbow.
- Wash/sanitize your hands frequently.
- If you have to cancel an appointment, please do so online or call our Front Desk (902-420-5555) to cancel your appointment. Please do so no later than thirty (30) minutes ahead of your appointment time.
- Clean your exercise equipment before and after use – we all have a responsibility in keeping our environment safe in the fight against Covid-19.

With the reintroduction of different areas of business operations, we will continue to assess adding in additional facility features, services and programming. The array of factors to consider include staffing requirements, facility changes and maintenance, appointment scheduling, and capacity numbers. In addition, reintroducing facility features, and services will continue to be guided by instruction from the Province and Public Health as it relates to our operations, and we will continue to meet and exceed all health and safety standards in our buildings.

As changes to restrictions happen in our business operations/sector we will be sure to communicate these as they pertain to our different areas of operations.

Questions related to SMU Athletics & Recreation can be direct to info.athletics@smu.ca or to 902-420-5555.

Please visit SMUfit's following accounts to stay up-to-date on closure information;

Website: www.smufit.ca

Twitter: <https://twitter.com/SMUfit>

Facebook: <https://www.facebook.com/Smufit>

Please visit SMU's COVID-19 website <https://smu.ca/virtualuniversity/> for the latest news and information.

We want to thank our members for their ongoing support during these unprecedented times. We look forward to welcoming you back to the SMU Homburg Centre for Health & Wellness.

Stay Safe,

Greg Knight

Assistant Director - Athletics & Recreation

Saint Mary's University