

Valued SMUfit members,

We have many exciting updates that we would like to share with you! Phase 5 of Nova Scotia's reopening plan is starting October 4 with a cautious approach. While most restrictions will be lifted, some will be maintained.

Our team has listened, and we are excited to move forward in accordance with Nova Scotia's new proof of vaccination policy and the phase 5 re-opening plan.

This communication will update you on the following:

- Fitness facility bookings
- Proof of Vaccination
- Squash Bookings
- Masks in our facility
- Group Fitness Classes
- Steam/Sauna

Fitness Facility Bookings

SMUfit will be returning to walk in workouts. This means that students and members will no longer need to book a time to use our facility!

The weight & cardio rooms will be available from open to close with no cleaning periods, but cleaning will continue throughout the day.

Squash courts will continue to be booked, and there will be some modifications to that booking system – please refer to the squash section below for more info.

Along with this transition back to walk in workouts, we will be re-starting day use and multi-visit passes, as well.

Proof of Vaccination

Starting 4 October 2021, those 12 and older will need proof of full vaccination to go to or participate in discretionary, non-essential activities and services that gather people together, including - Fitness establishments, like the SMUfit gym, and sport and recreation facilities, like the Homburg Centre.

As part of the Provincial Public Health Mandate SMUfit will be requiring proof of vaccination starting on October 4th for all those 12 years of age, and older. Every person entering the Homburg center will be required to show an electronic or paper proof of vaccination record at the front door. For more info on proof of vaccine requirements, please refer to the Province's guidance - [HERE](#)

What will be checked for;

- Check a valid ID – This is to make sure you are presenting your own vaccine record
 - Valid ID is: Driver's ID, Passport, student card, Provincial ID, Health Card.
- Your vaccine record (electronic or paper)
 - That you have all required doses
 - AND that your second dose is 14 days before today's date

SMUfit staff are working on a simplified process as we move through the Fall.

Squash Bookings

We have listened to your feedback, and are happy to announce the following changes to the squash operations;

- Bookings periods have increased frequency, to allow for more squash court sessions per day.
- Sessions will be on the hour, for 55 minutes (i.e. 10:00am – 10:55am).
- Each booking will have a 5-minute buffer time at the end of each session – this will allow for enough time for groups to clear the courts, ahead of the next group starting.
- No caps on the number of sessions you can book in a day – however we will be monitoring this closely for any abuse.
- Sessions can be booked 7 days in advance (this will take effect Monday, Oct. 4)
- If there are repeat 'no shows', ability to book court space may be revoked.

Members will still use the online portal for booking a squash court - <https://athletics.smu.ca/>

If any members require assistance in booking a squash court time, they may also reach out to the Homburg Front Desk – 902-420-5555.

Masks

For everyone's safety the SMU mandate requires that masks will continue to be required on campus and in the Homburg centre except when you are engaged in physical activity.

Group Fitness Classes

The SMUfit team is excited to announce that group fitness classes will be returning on October 18th!! Our new Fitness Coordinator is working hard to prepare a Fall 2021 group fitness schedule.

This schedule will be released to all SMUfit members next week.

Steam and Sauna

We have listened to members, and we understand that our Steam and Sauna rooms are greatly missed. In the interim they will remain closed, but our team has made it a priority to develop a re-opening process that ensures member safety, so stay tuned!

Additional details on SMUfit operations can be found at the following link;

<https://smu.ca/campus-life/smufit-main.html>

If you've made it to the end of this update, SMUfit would like to thank you all for your loyalty and patience throughout these unprecedented times. We feel we are one step closer to being able to provide the service that our SMUfit members deserve. There is still uncertainty and changes to come but we look forward to getting there together.

Greg Knight – Assistant Director

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