

Hello,

We would like to reach out to you, our valued SMUfit Members, to touch base with an update on the following;

- Re-opening
- Operations
- Memberships

Re-opening

The Province of Nova Scotia has announced their ['Reopening Safely with COVID-19'](#) plan. This is a phased plan, which ratchets up the amount of social and physical interaction over time, with traditional gym activity being able to re-establish in a reduced capacity in Phase 2.

It is our intention to reopen in this phase, and the date we are targeting for re-opening is Monday, June 21st, predicated by an entry into Phase 2 before or on that date.

Operations Update

Additional Exercise Period

Starting Monday, June 21st, our exercise periods (Monday - Friday) will be as follows;

Operating Periods Monday - Friday	
Exercise Period 1	06:00—07:30am
Cleaning Period 1	07:30—7:45am
Exercise Period 2	07:45—09:15am
Cleaning Period 2	09:15—9:30am
Exercise Period 3	9:30—11:00am
Cleaning Period 3	11:00—11:15am
Exercise Period 4	11:15—12:45pm
Cleaning Period 4	12:45—1:00pm
Exercise Period 5	1:00—2:30pm
Cleaning Period 5	2:30—2:45pm
Exercise Period 6	2:45—4:15pm
Cleaning Period 6	4:15—4:30pm
Exercise Period 7	4:30—6:00pm
Cleaning Period 7	6:00—6:15pm
Exercise Period 8	6:15—7:45pm
Cleaning Period 8	7:45—8:00pm
Exercise Period 9	8:00 – 9:30pm
Cleaning Period 9	9:30 – 10:30pm
*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.	

Weekend Operations

Beginning the week of June 21st, we will be open on weekends!

Once re-opened, our facility will be open on Saturdays and Sundays as follows;

Operating Periods - Saturday and Sunday	
Exercise Period 1	10:15—11:45am
Cleaning Period 1	11:45—12:00pm
Exercise Period 2	12:00—1:30pm
Cleaning Period 2	1:30—1:45pm
Exercise Period 3	1:45—3:15pm
Cleaning Period 3	3:15—3:30pm
Exercise Period 4	3:30—5:00pm
*Members wishing to use the gym on the 3:30pm time slot, please take note of the 90-minute exercise period. Additional time will not be permitted after 5:00pm.	

The normal booking process will apply to the booking an exercise/squash period for weekends.

As we move through the Summer, we will be looking to expand upon these hours on weekends as we get closer to the Fall.

General Operations

Appointment Booking – Booking appointments will remain in place, and the system will be allowing people to book their exercise time 3 days ahead of time.

Restrictions - As part of Phase 2 of the Province's ['Reopening Safely with COVID-19'](#) plan, gyms may open at 50% capacity.

We are hopeful that, as a province, we will be able to do our part, so that we can get through to Phase 3 of the reopening plan, which allows for gyms to operate at 75% capacity.

Heat Warnings – Under the current fitness sector guidance, floor fans are not permitted to operate in fitness facilities. We are in the process of establishing a colour coded heat stress index that will be displayed upon entry to the gym, at the Front Desk.

As we head into the warm Summer months we would like to take this time to remind all of our patrons to practice heat awareness before, during, and after your exercise sessions at SMUfit. Some things to consider are;

- Before – Check the temperature prior to coming to your exercise session. If it is too hot for you, please consider staying home in the cool.
- Before – Make sure you drink lots of water in the hours leading up to your exercise appointment.
- Before – Make sure you pack a water bottle with you.
- During – Make sure to take some additional time to rest in between sets, or consider shortening your exercise length.
- During – Make sure you're drinking lots of water.

- After – Continue to hydrate in the hours after your workout.

Morning Hours – As a reminder, we will be resuming our 6:00am workout period upon reopening of SMUfit.

Squash Operations

Members must follow [Squash Nova Scotia's 'Return to Play' Plan](#). The highlights of this plan can be found below;

- Maximum of two people on court at a time.
- Competitive play is not authorized, i.e. No organized matches, internal club ladders, leagues and tournaments.
- Squash training programs can take place limited to a maximum 2 people
- Spectators are not permitted.
- Within the context of minimizing individual social contact circles, players should restrict their social/playing/practice group to a consistent group.
- Inter-region or inter-provincial competitive sport related travel is prohibited.

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
Canada Day	Thursday July 1, 2021	CLOSED
Natal Day	Monday, August 2, 2021	CLOSED

Memberships

Current Memberships

If your membership was active at the time of the closure (April 24th), you will be credited time to your account, for the duration of time SMUfit was closed (i.e. credit will be from the first day SMUfit reopens).

If your membership expired during the time that SMUfit was closed, you will only be credited for the amount of time that is owed from the date of closure, to the date that your membership expired.

If you have any questions regarding your current membership, please contact:

info.athletics@smu.ca.

Agreement Billing Memberships

If you are an Agreement Billing member, a communication was sent to you last month pertaining to your account. If you did not receive this communication, or have any questions regarding your account, please contact – info.athletics@smu.ca

Expired Memberships

Memberships that expired prior to the closure of *SMUfit* will not be extended.

If you have any questions regarding your membership, please contact:
info.athletics@smu.ca.

Membership Holds and Refunds

Membership holds and refunds will be considered on a case by case basis, and as outlined in the membership handbook. More info can be found at; <https://smu.ca/campus-life/smufit-notice.html>.

If you wish to discuss a hold or refund of your account, you may contact
info.athletics@smu.ca.

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

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

The COVID-19 pandemic has presented unprecedented challenges to our business operations. These plans have evolved, and will continue to do so, over the course of the next several months, as restrictions ebb and flow.

As always, we want to thank our members for their support, and ask for your continued patience as we work forward together.

Greg Knight – Assistant Director

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