

## COVID-19 Program Guidelines

February 8, 2021

The safety and health of our staff and residents are of the utmost importance. Be assured that we have been closely following the recommendations of Public Health. To help stop the spread of COVID-19 we have implemented several new measures for the facility.

All participants must follow the Provincial Public Health Guidelines. Participants must also abide by the regulations of their respective sport governing body. Halifax Regional Municipality (HRM) "Return to Day Camp" Guidelines follow the Nova Scotia "COVID-19 Return to Day Camp Guidelines" and can be located at <https://novascotia.ca/coronavirus/docs/COVID-19-Return-to-Day-Camp-Guidelines.pdf>. **Participants not following these regulations will be at risk of being removed from their program.**

### Entering the Facility

Please sanitize your hands upon entering the facility.

All participants in a registered program may enter through the main entrance. Please confirm with the Front Desk of your program participation.

Participants will be allowed to enter the building 10 minutes prior to the start of their program and must leave immediately following their program. Extra time is needed between each program for staff to disinfect the area and equipment.

Participants who are 12 years of age and younger can be accompanied by one guardian if needed. One guardian is permitted to drop off and pick up their child within the facility. Participants ages 13 years and older are encouraged to enter and exit the facility without a guardian.

Participants should arrive and depart the facility dressed and prepared for their activity. (excluding indoor shoes)

Masks are required to enter the facility and must be worn while in hallways and other public areas within the facility.

- You must be wearing a mask when you enter the facility. If you are not wearing one, you will not be allowed to enter.
- If the registered program is a physical activity, you can take your mask off after you have entered the program space. Otherwise, participants must wear a mask.
- After your physical program is complete, you must put your mask on before you leave the program space and wear it until you have left the building.
- Instructors and participants of non-physical activity programs must wear a mask.
- Program participants are permitted to have a water bottle. Other food and drink are not permitted.
- Masks must be worn whenever you are leaving your program area (in the washroom, in hallways, etc.)
- People with medical conditions that restrict them from wearing a mask are exempt

## General Facility Information

- Please follow all directional signage as posted.
- Program participants must adhere to Nova Scotia Health Authority Guidelines. Sport Organizations must also adhere to their Governing Associations Guidelines.
- The water fountains are currently only available for filling water bottles.
- Please beware that some facilities may have single directional stairways, watch and follow directional signage.
- Elevators are restricted to 2 persons, or 1 cohort at a time. Please refrain from using the elevators unless necessary.
- Participants may be asked to bring their own equipment to programs. HRM Recreation will not supply personal use equipment at this time.
- Indoor gatherings are limited to 50% of a facilities capacity to a maximum of 100 persons with physical distancing when hosted by a recognized organization.
- Private gatherings without physical distancing are limited to 15 persons and are encouraged to be with people whom regularly congregate together.
- Weight rooms, cardio machine areas and fitness classes within recreation facilities must operate at 50% capacity and must maintain a minimum physical distance of 3 metres (9 feet) between participants during high intensity activities.
- Participants are required to wear a non-medical mask when not performing a physical activity

## Aquatics

- Water Safety Instructors will be maintaining physical distancing when possible, which will include both in water and on deck instruction.
- Parent/Guardian participation will be mandatory for all Pre-school swim programs.
- Higher Swim Kids levels will be combined: Swim Kids 5/6, Swim Kids 7/8 and Swim Kids 9/10.
- Change room showers are closed.
- Participants are asked to arrive to the facility ready for their program and asked to vacate the facility as efficiently as possible.