



MASK WEARING FAQ

EFFECTIVE JULY 31ST, 2020: Masks are required while inside the Canada Games Centre. They can be removed when exercising/directly engaged in physical activity.

1. Do I have to wear a mask to come to the Canada Games Centre?

Yes. As per Public Health's new guidelines, masks must be worn inside all public buildings as of July 31st, 2020.

2. Are there specific types of masks that should be worn?

Any non-medical mask may be worn provided the mask follows Public Health guidelines for non-medical masks and does not display any inappropriate language, graphics or insignia. For more information on non-medical face masks visit:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html>

3. If I'm wearing a mask do I still have to physically/socially distance?

Yes, you must continue to follow physical distancing protocols of 2m or 6ft. Wearing a mask does not replace our other collective efforts to stay healthy; proper handwashing, respiratory etiquette, socially distancing and staying home when sick.

4. Should I wear my mask in the line-up outside?

You do not have to wear the mask while outdoors but must continue to follow physical distancing guidelines while in the line-up.

5. Can I take my mask off while exercising?

Yes. Masks must be worn to and from all exercise/recreation activities, around the building and in the change rooms. Once you are engaged in your activity you may remove your mask.

6. Can I choose to leave my mask on throughout my workout/activity?

Yes, except for aquatics activities, you may leave your mask on during your workout or activity.

7. If I am resting in between sets, do I need to wear a mask?

No, but you can choose to during dry land activities. Masks can be removed when exercising/engaged in an activity but must be put back on while in the hallways, stairwells and other common areas.

8. Do I need to wear a mask on the pool deck?

Yes. Masks should be worn on the pool deck until you have reached the bench area designated to you. Masks must be taken off during your swim and aquafit class, and then put back on when walking back to the change rooms.

9. Do children need to wear a mask to come to the Canada Games Centre?

Yes, with the following exceptions according to Public Health: Children under two, as well as children aged two to four when their caregiver cannot get them to wear a mask. Summer Camp kids are also exempt under the day camp reopening plans as approved by the Province.

10. Will the Canada Games Centre be providing masks to people that don't have one?

No. We ask that all users/visitors have their own masks to wear while inside the facility.

11. If I have a medical condition that effects my ability to breathe while wearing a mask can I have an exemption?

According to Nova Scotia's Chief Medical Officer: *"There are very few reasons not to wear a mask. Wearing a mask doesn't worsen chronic lung conditions like asthma or chronic obstructive pulmonary disease (COPD). If you have chronic breathing problems or a mental health condition that creates anxiety, you may need to work on ways to overcome the anxiety (like practicing wearing a mask for short periods of time at home)."* (<https://novascotia.ca/coronavirus/staying-healthy/#masks>)

However, if you have a valid medical reason not to wear a mask, please identify yourself to us. We do not require a doctor's note, but we can add you to a list of people exempt from wearing a mask while inside the facility. To do so, please contact the Customer Service Coordinator at 902-490-2239.

12. What if I see someone inside the facility not wearing a mask?

Please don't judge others for not wearing a mask. Kindness is important as some people may not be able to wear a mask or face covering.