FACILITY REOPENING PLAN DURING COVID-19

Welcome Back!

As always, the health and safety of our members, users and staff is our first priority. To support this priority during the COVID-19 pandemic, additional measures and changes in services are required. Our reopening plan follows the current advice of Public Health experts, mandated legislation and takes into consideration best practices from similar facilities and sports organizations in Canada and internationally.

The reopening section of our website explains what to expect at the CGC as we reopen in stages. Please keep in mind that public health information and provincial directives can change quickly. We will make every effort to update our website as fast as possible as we adapt to these changes.

This document supports our website as it archives the details from reopening stages for reference.

Document Updated August 31, 2020

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WHILE WE WERE CLOSED – MARCH 17TH TO JUNE 21ST, 2020

We made the most of the closure time to complete maintenance projects, repairs and additional deep cleaning throughout the facility:

Change Rooms

- All change rooms have been painted, disinfected, sanitized and cleaned from top to bottom — including lockers inside and out, walls and floors
- Tile floors regrouted
- Remaining ballast lights removed and replaced with LED lighting
- Monthly maintenance (preventative and corrective) in all change rooms completed, including install of new shower switches and sink taps needing replacement
- Inspection of all equipment
- Repairs and painting of partitions and lockers
- Drains opened, cleaned and inspected for proper flow

Aquatics Centre

- New diving board stands (1metre/3metre) installed
- Competition, Leisure and Tots Pools drained and drain lines properly maintained for duration of the closure
- Completed maintenance on the Competition Pool's moveable floor
- Repainted lines on the bottom of the Competition Pool
- Replaced broken tiles in the pools and on pool deck
- Electrical outlets removed and replaced with GFI outlets
- Pool grates pressure washed, replaced or repaired
- Deep clean of pools and tile floors in Aquatics Centre
- Preparing to refill, heat, and balance all pools in anticipation of reopening

Meeting Spaces

- New flooring installed in the Community Centre and Classroom
- Fresh coat of paint in the Community Centre, Boardroom, Arts and Crafts, Activity Room and Classroom

Deep Cleaning and More

- HVAC and ventilation filters for the building were removed and replaced with new filters
- All ceiling, vents, and HVAC trunking has been dusted and ledges disinfected

- Ceiling tiles throughout the Centre were replaced as needed
- Mainstreet furniture (tables, chairs, ottomans) cleaned and disinfected
- Window/glass cleaning throughout the facility
- All rooms and offices cleaned and disinfected top to bottom, including walls
- All high-touch surfaces have been washed and disinfected throughout the building
- Deep clean of all bleachers, walls and floors in Field House; small and large equipment disinfected, including all nets
- Deep clean of the Track area
- All washrooms received an overhaul, fresh coat of paint, and inspection of equipment
- Painting of foyer entrance ceilings and all walls on both levels, in the Fitness Centre, Track and Field House
- Monthly inspections of all mechanical equipment, including pumps that have been inactive during closure

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Virtual Fitness

Healthy Habits, Active Advice

After the facility closed in mid-March, we wanted to help our CGC community stay engaged and keep up with a healthy routine. Our Healthy Habits, Active Advice became a hub for fitness tips, tricks and recommendations, meditation exercises, CGC puzzles, family activity ideas, and more!

May Fitness Challenge

In May, our Fitness Team launched a Fitness Challenge meant to spark your healthy habits with a month-long workout guided by our CGC Exercise Specialists and Fitness Team. The training plan included live workouts and at-home strength and core workout videos to help with the moves. Over 350 participants registered the May Challenge.

June Fitness Challenge

Based on participant feedback from May, June's Fitness Challenge includes 5 live classes a week, at-home strength workouts, plus virtual workshops and live Ask A Trainer sessions.

PRESS PLAY | SAFETY & CLEANING

Safety & Cleaning Practices

We've implemented a number of new cleaning and safety measures for our reopening. Following the Public Health guidelines for facilities, our new protocols for safety include health screening, social distancing, building wide touch-free initiatives, augmented cleaning practices, and reminders of good hand washing & respiratory hygiene.

Masks Required — Effective July 31st, 2020:

- Under the directive from Public Health, wearing a mask is required while inside the CGC. Masks can be removed when exercising/directly engaged in physical activity but required at all other times.
- User exemptions as per Public Health: *Children under two are exempt, as well as children aged two to four when their caregiver cannot get them to wear a mask. People with a valid medical reason for not wearing a mask are exempt. Schools, daycares and day camps continue to follow their reopening plans.* (https://novascotia.ca/news/release/?id=20200724004). Please note, this includes CGC summer campers; they are exempt from wearing masks inside the facility.
- Using a mask alone isn't enough to prevent the spread of COVID-19. Continue to follow all other Public Health and CGC protocols like keeping your hands clean, following cough and sneeze etiquette, social distancing guidelines, and staying home if feeling sick.
- Learn more about non-medical masks, how to make a non-medical mask and how to wear a non-medical mask.
- FAQ about Masks at the CGC

Overview

- To kick-start our safety and cleaning practices, we performed a complete deep clean of the facility and many maintenance projects during the closure.
- Reduced facility hours and activity times scheduled to support enhanced cleaning periods during the day and deep cleaning at night.
- Amenity and activity specific modifications and disinfecting practices to support current Public Health protocols.
- Health screening during online booking and before entry into the facility.

- Separate entrance and exits doors, directional signage, stanchions and staff to guide you through the facility and help you maintain social distancing.
- Hand sanitizer will be available to users and staff throughout the facility before entering the activity areas and prior to high-touch surfaces. Frequent cleaning by staff of high-touch surfaces throughout the facility will also take place.
- Plexiglass installed at Customer Service Desk, Field House Desk and Fitness Centre Desk.
- All staff are required to wear masks or shields where social distancing cannot be achieved.
- All staff will be trained in proper cleaning measures, products, tools and equipment.
- When building is closed, all areas will be disinfected using sprayers to allow for longer dwell time including equipment, floors, walls, and washrooms.
- Cleaning routines will adapt to changes in activity/amenity availability and usage to ensure proper disinfecting and sanitation at all times.

Cleaning Equipment

- The **Graco Sani Spray HP Cordless Airless Disinfectant Hand Sprayer** delivers the proper atomization required to quickly and consistently coat surfaces to disinfect and sanitize efficiently. This will be used throughout the building including washrooms, Aquatics Centre, Fitness Centre machines and items that require disinfectant after use.
- The addition of the **Graco Sani Spray HP 65 Electric Airless Disinfectant Sprayer with Hopper** allows us to use it in bigger spaces for optimized time cleaning. The Hopper delivers the proper atomization required to quickly and consistently coat surfaces to disinfect and sanitize efficiently.
- **Spray Bottles with Quato 44 and disinfecting wipes** will be available for all staff at workstations, aquatics and fitness areas after machine or equipment use.

Cleaning Products

All disinfectants and hand sanitizers listed below are on Health Canada's list of hard-surface disinfectants that are supported by evidence following drug review, demonstrating

that they are likely to be effective and may be used against SARS-CoV-2, the coronavirus that causes COVID-19.

- **Hand Sanitizer** will be available to staff and users throughout the facility, especially before entering activity spaces, washrooms and prior to high touch surfaces like stair railings. *Natural product number: 80002518 Deb Instant FOAM**;** 02248385 One Sep Sanitizer*
- **Es15 Spray & Wipe Disinfectant Cleaner** is a ready-to-use disinfectant cleaner. This disinfectant is premixed and will be used in the handheld sprayers and HP hopper for use throughout the facility after hours. This cleaner will also be available to all staff in spray bottles for workstations. *Drug Identification number: 02489740*
- **Quato 44** is a general-purpose disinfectant cleaner. Our Facility Attendants are trained on how to mix the concentrated form of this cleaner safely and prepare it for the HP Hopper and appropriate use in spray bottles. *Drug Identification number: 02105373*

FACILITY REOPENING – PRESS PLAY | STAGE 1

Press Play | Stage 1 Overview Jun 22nd – July 19th, 2020

- Facility Hours: Monday-Friday 8am-8pm; Saturday & Sunday 8am-5pm*
- *Dedicated hour for Seniors & Immunocompromised 8am-9am
- Current Annual and Six-Month Members Only with free access for the first month
- Reduction in amenities / activities / services offered; no aquatics
- Pre-booking online for all activities
- Enhanced cleaning and safety protocols
- Health screening will be required before entry
- Separate entrances and exits
- Change Room access will be restricted

STAGE 1 UPDATE – JULY 6TH

- Badminton/Pickleball now offer doubles play or maximum of 4 to a court. During the online booking process, each player must register individually.
- Basketball now offers a maximum of 4 to a net and 1-on-1 or 2-on-2 play is now possible. During the online booking process, each player must register individually.
- Members without a booking (member walk-ups) can register at the Customer Service Desk if there is still space available in an activity.
- 2020 Summer Camp Guide is available online! Online registration begins at 8am on July 9th for members, and on July 14th for non-members.

Together we inspire healthy active living. By looking after each other and each doing our part to stay safe, we can press play on physical activity at the CGC. Thank you for the kindness and patience we've received as we continue to follow Public Health, safely reintroduce activities and welcome back more members of our community.

PRESS PLAY | STAGE 1 – AMENITIES & ACTIVITIES

Available Amenities & Activities (with modifications)

Badminton/Pickleball
Basketball
Fitness Centre
Track
Fitness Classes – except Aquafit
Personal Training
Washrooms
Elevator
Virtual Fitness

Not available in Stage 1:

The exact date of availability of the amenities, activities and services listed below is unknown at this time. Reintroduction of each will be guided by Public Health changes in restrictions and in support of a safe, sustainable, slow and steady approach.

Aquatics Centre
Change Rooms
Table Tennis
Rentals & Events, including Birthday Parties and Group Swims
Fitness Centre – stretching area and some small equipment
Track – chin-up bars
Child Minding
Lounge areas, furniture, and vending machines
Day Passes
New membership sales or tours
Registered programs

Badminton/Pickleball

July 6th update: Doubles play is now available!

- Controlled entry and exit into the Field House
- Maximum of 4 participants per badminton/pickleball court; each player must be book individually
- Courts booked in 1-hour increments with closure times in between for cleaning

- Bring your own ball and paddle, or use ours
- CGC equipment disinfected after each use

Basketball

July 6th update: 2 on 2 play is now available!

- Controlled entry and exit into the Field House
- Maximum of 4 participants per net
- Shooting, one-on-one or two-on-two play are possible; each player must book individually
- Space booked in 1-hour increments with closure times in between for cleaning
- Bring your own ball or use ours
- CGC equipment disinfected after each use

Fitness Centre

- Controlled entry and exit into the Fitness Centre
- Limited capacity: 50 people/hour; Members ages 14+
- Booking in 1-hour increments with closure times in between for cleaning. This time will be used by staff to reset the Fitness Centre and prepare for the next workout time slot.
- Users to wipe down equipment before and after use with wipes provided.
- All equipment disinfected by staff after each use and clearly labelled when cleaned.
- Though capacity in the Fitness Centre has been reduced, members are still expected to use best judgement when determining if a piece of equipment or workout area can be used safely while maintaining the recommended 2metres (6ft) of physical distancing.
- Equipment available:
    - Selection of cardio equipment, spaced out at least 2m apart to allow for physical distancing (some cardio equipment moved to the Track)
    - Pin select weights arranged at least 2m apart
    - Cable machines arranged at least 2m apart
    - Racks arranged at least 2m apart
    - Dumbbells
    - *Hoist Roc-it Circuit equipment moved to the Track*

Track

- Controlled entry and exit into Track area
- Three (3) lanes open for Walk/Jog/Run, with lanes closed in between to support physical distancing
- 13 people per lane per time slot
- Lanes and relocated Fitness Equipment booked in 1-hour increments with closure times for cleaning
- Hoist Roc-it Circuit equipment relocated from Fitness Centre to Track perimeter and alcoves; spaced at least 2m apart
- Selection of cardio equipment relocated from Fitness Centre to Track perimeter and alcoves; spaced at least 2m apart
- Circuit and Cardio equipment to be wiped down before and after use by users with wipes provided
- All equipment disinfected by staff between booked time slots with a deep clean of the Track and equipment overnight

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Fitness Classes – except Aquafit

- All classes in Stage 1 take place in the Field House, with controlled entry and exit into the area.
- Participants must book their class attendance online.
- Class sizes reduced to support social distancing.
- Classes available for Ages 12+
- Defined 10ft x 10ft space for each participant during class and staggered by row. Spaces are set up and torn down by staff.
- Spin classes are held in a Field House alcove to allow for social distancing between bikes and rows
- Five (5) minute instructor-led cleaning by participants at start & end of each class using supplies provided. Followed by deep cleaning of class space, equipment and floors by staff.
- Equipment-free classes, where possible. Participants to bring their own yoga mats when possible.

Personal Training

- Offered for current annual and six-month members only, as a paid service.
- Members may purchase a new package if their current one has run out.

- Training will take place in the Personal Training Studio with only the trainer and client in the space.
- The trainer will wear a mask if social distancing is not possible during the workout.
- Studio cleaned and equipment disinfected in between each client.
- Contact the Fitness Centre Desk at 902.490.2580 for details on how to book your session or contact your trainer directly if you are a current client.

Washrooms

- Washrooms in main hallway and 2nd floor will be available for use.
- Please use hand sanitizer provided prior to entry.
- Proper hand washing and drying before exiting the washroom is required.
- Washrooms cleaned throughout the day by staff, with a deep clean overnight.
- Washrooms are not to be used as a substitute for change rooms.

Elevator

- Only one (1) person in the elevator at a time to support social distancing.
- Elevator service is critical for individuals with limited mobility. Please consider using the stairs if you're able.
- Buttons (inside and out) disinfected throughout the day, with a deep clean of the elevator overnight.

Virtual Fitness

If you are not ready to return to the CGC right away, stay active at-home with our virtual fitness options.

Healthy Habits, Active Advice

After the facility closed in mid-March, we wanted to help our CGC community stay engaged and keep up with a healthy routine. Our Healthy Habits, Active Advice became a hub for fitness tips, tricks and recommendations, meditation exercises, CGC puzzles, family activity ideas, and more!

July Fitness Challenge

July's Fitness Challenge includes 6 live classes a week and at-home strength workouts. Members and non-members can sign-up for the July Challenge. If you signed-up for our May or June Fitness Challenges, no need to sign-up again for July, we did that for you!

PRESS PLAY | STAGE 1 – BOOKING & CAPACITY

Online Booking

As we reopen the facility in stages, the safest way to manage capacity, enhanced cleaning and current Public Health protocols is through online booking of all available activities. It also enables you to guarantee your workout time.

When creating our activity booking time slots, we considered things like dedicated time for seniors and immunocompromised individuals; square footage of each area as it relates to social distancing; staggering start times to reduce the number of people in hallways at any given time, and adequate time for cleaning between time slots. As we progress through our reopening stages, we'll continue to monitor our booking strategy and use your feedback to help update our procedures where needed.

About Booking – Stage 1

- All activities in Press Play Stage 1 require booking online.
- Activities can be booked as early as three (3) days in advance until one (1) hour prior to its start time, provided the time slot is still available.
- Online booking is only available for current annual and six-month members.
    - Members must be 14 years of age or older to book activities in the Fitness Centre, and at least 12 years old to book activities in other areas.
- Only one (1) activity time slot booking per member per day. This is to give more members the chance to access the facility in Stage 1.
- 8am-9am activity time slots are only available for senior/immunocompromised members. For any immunocompromised members interested in booking during this time, please contact us at membership@canadagamescentre.ca or 902.490.2291 and we will set up your account for this booking feature.
- Members who do not show up for their bookings more than twice in a 2-week period will be unable to book for 7 days.

How To Book An Activity

View How-To Book Online with screenshots (Desktop PC/Mac) / (Mobile/Tablet), OR follow the desktop directions below. If you need additional help, please call 902.490.2400 ext. 7, Monday-Friday 8am-8pm; Saturday & Sunday 8am-5pm. Please note we are closed Natal Day, August 3rd, 2020.

1. Visit our online registration site: https://www.hfxcgcwebtraconlinereg.ca/wbwsc/webtrac.wsc/splash.html
2. Sign in to your online account under Member Login.
    - Forgot your username or never registered online before? Click here.
    - Forgot your password? Click here.
    - *Emails for username and password reset are sent from info@canadagamescentre.ca. Add this email to your contact list, so it doesn't end up in your junk folder.*
3. Once signed in, choose an activity type from the menu.
4. Next select the time from the Search Results listed by clicking the calendar icon.
5. From the calendar select the day you would like then select Add to Cart.
6. Select the member attending the activity.
7. Complete the questions and select Continue.
8. Confirm your shopping cart then click Proceed to Checkout.
9. Your transaction is complete. Your confirmation receipt is sent to the email listed.

Attending Your Activity in Stage 1

- Members are required to line-up outside the facility, in the designated waiting area, prior to their booking start time. Physical distancing requirements for waiting will be marked.
- Members will not have access to the facility any earlier than 10mins prior to their activity start time. Late entry to fitness classes is not permitted.
- Come ready to play: Arrive dressed for your workout, bring a full water bottle with you and leave your valuables and bags at home. No access to change rooms, cubbies, or lockers in Stage 1.
- Please bring your membership card with you. You will need it for access.
- Please follow staff directions and safety protocols while inside the facility. Practice social distancing of 2m (6ft), good hand washing and respiratory hygiene at all times. Stay home if you are feeling unwell.
- Masks are not recommended during physical activity.
- Be kind and patient with everyone. Pace yourself as you return to physical activity.

- At the end of an activity time slot, all members booked for that time slot must exit the facility, regardless of the time they entered.

How To Cancel An Activity

If you can't make your booked time slot anymore, you can cancel it online or in-person up to an hour prior to the start time without penalty.

View How-To Cancel An Activity with screenshots OR follow the directions listed below:

1. Visit our online registration site: https://www.hfxcgcwebtraconlinereg.ca/wbwsc/webtrac.wsc/splash.html
2. Sign in to your online account under Member Login.
3. Under the My Account tab, select Cancellations.
4. Select the booking you would like to cancel from the records list.
5. Confirm that is the booking you would like to cancel and continue.
6. Select Proceed to Checkout. On the following screen select Continue.

PRESS PLAY | STAGE 1 – MEMBERSHIP UPDATES

With the gradual reopening of the facility beginning on June 22, 2020, we know there are many questions about membership. We've included some details below to help answer them.

Membership Details | June 22 – July 19 (Stage 1)

- Current annual and six-month members only, with free access until July 19, 2020
- No new membership sales or tours during this time
- Facility Hours: Monday-Friday 8am-8pm, Saturday & Sunday 8am-5pm*
    - *8am-9am activity time-slots are only available for senior/immunocompromised members. For any immunocompromised members interested in booking during this time, please contact us at membership@canadagamescentre.ca or 902.490.2291 and we will set up your account for this booking feature.
- All available activities must be booked online
- If you are not ready to return to the CGC right away, you can stay active at-home with our virtual fitness options.

FACILITY REOPENING – PRESS PLAY | STAGE 2

Press Play | Stage 2 Overview – July 20th-August 30th

- **Effective July 31st, 2020: Masks are required while inside the facility. They can be removed when exercising/directly engaged in physical activity.**
- Facility Hours: Monday-Friday 8am-8pm; Saturday & Sunday 8am-5pm*
  **Dedicated hour for Seniors & Immunocompromised 8am-9am*
- Introduction of a Press Play Pass and Pay As You Go options for member and non-member facility access. We've added a Passes & Rates page to explain all about them.
- Regular memberships and payments do not start in Stage 2. We've added an FAQ to the Membership Updates page to help answer questions you may have.
- In addition to the activities available in Stage 1 (June 22nd-July 19th), the Aquatics Centre reopens for lane swimming, Aquafit and CGC summer camps. Like all other activities, booking is required. We've updated the Amenities & Activities page to include the details.
- Summer Camps begin with small groups of 8 campers and 2 leaders. Camp groups will be kept separate from each other and other facility users.
- Enhanced cleaning and safety protocols
- Health screening will be required before entry
- Separate entrances and exits
- Change Room access is restricted to Aquatics activities only

PRESS PLAY | STAGE 2 – AMENITIES & ACTIVITIES

Available Amenities & Activities (with modifications)

Aquafit
Badminton/Pickleball
Basketball
Elevator
Fitness Centre
Fitness Classes – except Aquafit
Lane Swim
Personal Training
Summer Camps
Track
Washrooms
Virtual Fitness

Not available in Stage 2:

The exact date of availability of the amenities, activities and services listed below is unknown at this time. Reintroduction of each will be guided by Public Health changes in restrictions and in support of a safe, sustainable, slow and steady approach.

Aquatics Centre – Open Swims, Dry Sauna, Tots Pool, Hot Tub, Spray Toys, Diving Boards or Water Slides
Change Rooms – for dry land activities
Child Minding
Lounge areas, furniture, and some vending machines based on location
Membership tours
Registered programs – except summer camp, first aid & aquatic leadership courses
Rentals & Events, including Birthday Parties and Group Swims
Table Tennis
Track – chin-up bars

Aquafit

- All Aquafit classes take place in the Competition Pool and are available for ages 12+ years
- Maximum of 30 participants per class to support social distancing
- Equipment-free classes where possible. Flotation belts available by request.

- Participants must book their class attendance online or in-person at least one hour prior to the class start.
- Pool Controlled entry to the pool deck through a designated change room
- Aquafit participants will not have access to the facility any earlier than 15mins prior to their activity start time. Late entry to Aquafit classes is not permitted.
- Change rooms are available for Aquatics activities only with limited lockers, changing stalls and washrooms to support social distancing and cleaning. No showers, other than rinsing prior to entering the pool deck.
- Change room time is limited to support cleaning efforts:
    - Come ready for Aquafit: Arrive in your swimsuit, bring your water bottle, towel and flip flops/water shoes with you. Leave shampoo, body wash, hair dryers, etc at home.
    - Aquatics participants will have a maximum of 15mins in the change rooms at the end of their activity time slot. This allows for appropriate disinfecting and dwell time in the change rooms between time slots.
- Press Play: Stage 3 Aquatics Schedules | August 31st-September 13th

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Badminton/Pickleball

- Controlled entry and exit into the Field House
- Maximum of 4 participants per badminton/pickleball court; each player must be book individually
- Courts booked in 1-hour increments with closure times in between for cleaning
- Bring your own ball and paddle, or use ours
- CGC equipment disinfected after each use
- Stage 2 time slots, Monday-Sunday, except where noted below:
    - 9:15am-10:15am
    - 10:30am-11:30am
    - 11:45am-12:45pm
    - 1:00pm-2:00pm
    - 2:15pm-3:15pm
    - 3:30pm-4:30pm
    - 4:45pm-5:45pm (Monday-Friday only)
    - 6:00pm-7:00 pm (Monday-Friday only)

Basketball

- Controlled entry and exit into the Field House

- Maximum of 4 participants per net (increases to 6 participants in Stage 3)
- Shooting, one-on-one or two-on-two play are possible; each player must book individually
- Space booked in 1-hour increments with closure times in between for cleaning
- Bring your own ball or use ours
- CGC equipment disinfected after each use
- Stage 2 time slots:
    - 9:00am-10:00am (Saturday, Sunday only)
    - 10:15am-11:15am (Saturday, Sunday only)
    - 11:30am-12:30pm (Saturday, Sunday only)
    - 12:15pm-1:15pm (Saturday, Sunday only)
    - 12:45pm-1:45pm (Saturday, Sunday only)
    - 1:30pm-2:30pm (Monday, Wednesday, Friday, Saturday, Sunday only)
    - 2:00pm-3:00pm (Saturday, Sunday only)
    - 2:45pm-3:45pm (Monday, Wednesday, Friday, Saturday, Sunday only)
    - 3:15pm-4:15pm (Saturday, Sunday only)
    - 4:00pm-5:00pm (Monday, Wednesday, Friday, Saturday, Sunday only)
    - 4:30pm-5:30pm (Monday-Friday only)
    - 5:15pm-6:15pm (Friday only)
    - 5:45pm-6:45pm (Monday-Friday only)
    - 6:30pm-7:30pm (Friday only)
    - 7:00pm-8:00pm (Monday-Friday only)

Elevator

- Only one (1) person in the elevator at a time to support social distancing.
- Elevator service is critical for individuals with limited mobility. Please consider using the stairs if you're able.
- Buttons (inside and out) disinfected throughout the day, with a deep clean of the elevator overnight.

Fitness Centre

- Controlled entry and exit into the Fitness Centre
- Limited capacity: 50 people/hour; Members ages 14+, Non-members ages 18+
- Booking in 1-hour increments with closure times in between for cleaning. This time will be used by staff to reset the Fitness Centre and prepare for the next workout time slot.

- Users to wipe down equipment before and after use with wipes provided.
- All equipment disinfected by staff after each use and clearly labelled when cleaned.
- Though capacity in the Fitness Centre has been reduced, members are still expected to use best judgement when determining if a piece of equipment or workout area can be used safely while maintaining the recommended 2metres (6ft) of physical distancing.
- Equipment available:
    - Selection of cardio equipment, spaced out at least 2m apart to allow for physical distancing (some cardio equipment moved to the Track)
    - Pin select weights arranged at least 2m apart
    - Cable machines arranged at least 2m apart
    - Racks arranged at least 2m apart
    - Dumbbells and stretching area
    - *Hoist Roc-it Circuit equipment moved to the Track*
- Stage 2 time slots, Monday-Sunday, except where noted below:
    - 8:00am-9:00am (Seniors/Immunocompromised)
    - 9:30am-10:30am
    - 11:00am-12:00pm
    - 12:30pm-1:30pm
    - 2:15pm-3:15pm
    - 3:45pm-4:45pm
    - 5:15pm-6:15pm (Monday-Friday only)
    - 6:45pm-7:45pm (Monday-Friday only)

Fitness Classes – except Aquafit

- All classes take place in the Field House, with controlled entry and exit into the area.
- Participants must book their class attendance online.
- Class sizes reduced to support social distancing.
- Classes available for Ages 12+
- Defined 10ft x 10ft space for each participant during class and staggered by row. Spaces are set up and torn down by staff.
- Spin classes are held in a Field House alcove to allow for social distancing between bikes and rows
- Five (5) minute instructor-led cleaning by participants at start & end of each class using supplies provided. Followed by deep cleaning of class space, equipment and floors by staff.
- Equipment-free classes, where possible. Participants to bring their own yoga mats when possible.

- Press Play: Stage 3 Drop-in Fitness Schedule | August 31st-October 4th

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Lane Swim

- Lane Swim is lengths in the Competition Pool (8 lanes, unless otherwise noted on the schedule) and Leisure Pool (3 lanes).
- Lane swim is available for ages 12+ years and booked in 1-hour increments.
- One person per lane, swimming laps in the middle of the lane.
- Flotation belts, flutter boards, pull buoys and hand paddles will be available. You may bring your own personal equipment as listed above, but it must be rinsed off before entering the pool. Snorkels are not permitted. Please do not share your personal equipment.
- Lane swimmers will not have access to the facility any earlier than 15mins prior to their time slot start time.
- Controlled entry to the pool deck through a designated change room
- Change rooms are available for Aquatics activities only with limited lockers, changing stalls and washrooms to support social distancing and cleaning. No showers, other than rinsing prior to entering the pool deck.
- Change room time is limited to support cleaning efforts:
    - Come ready to swim: Arrive in your swimsuit, bring your googles, swim cap, water bottle, towel and flip flops/water shoes with you. Leave shampoo, body wash, hair dryers, etc., at home.
    - Aquatics participants will have a maximum of 15mins in the change rooms at the end of their activity time slot. This allows for appropriate disinfecting and dwell time in the change room between time slots.
- Press Play: Stage 3 Aquatics Schedules | August 31st-September 13th

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Personal Training

- Members and non-members, both new and existing Personal Training clients, can purchase and book training sessions in Stage 2. See Pricing and New Client Questionnaire for more information.
- Members may purchase a new package if their current one has run out.
- Training will take place in the Personal Training Studio with only the trainer and client in the space.
- The trainer will wear a mask if social distancing is not possible during the workout.
- Studio cleaned and equipment disinfected in between each client.

- Contact the Fitness Centre Desk at 902.490.2580 for details on how to book your session or contact your trainer directly if you are a current client.

Summer Camps

- We're pressing play on active summer fun with 2 camps each week starting July 20th. In anticipation of welcoming summer campers, we are implementing a number of safety measures to ensure all members, users and campers have a safe and healthy experience at the CGC:
    - Summer Camps begin with small groups of 8 campers and 2 leaders
    - Campers will be kept separate from other users of the facility
    - Campers will use a separate entrance and exit for drop-off and pick-up
    - Campers will be accompanied by a staff member while travelling throughout the building to ensure social distancing
    - Each camp will be set up in their own rooms and will use separate change rooms to access the Aquatics Centre

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Track

- Controlled entry and exit into Track area
- Three (3) lanes open for Walk/Jog/Run, with lanes closed in between to support physical distancing
- 40 people per time slot
- Lanes and relocated Fitness Equipment booked in 1-hour increments with closure times for cleaning
- Hoist Roc-it Circuit equipment relocated from Fitness Centre to Track perimeter and alcoves; spaced at least 2m apart
- Selection of cardio equipment relocated from Fitness Centre to Track perimeter and alcoves; spaced at least 2m apart
- Please note members/non-members must be 14+ years old to use the equipment
- Circuit and Cardio equipment to be wiped down before and after use by users with wipes provided
- All equipment disinfected by staff between booked time slots with a deep clean of the Track and equipment overnight
- Stage 2 time slots, Monday-Sunday, except where noted below:
    - 8:00am-9:00am (Seniors/Immunocompromised)
    - 9:30am-10:30am
    - 11:00am-12:00pm

- 12:30pm-1:30pm
- 2:15pm-3:15pm
- 3:45pm-4:45pm
- 5:15pm-6:15pm (Monday-Friday only)
- 6:45pm-7:45pm (Monday-Friday only)

Washrooms

- Washrooms in main hallway and 2nd floor will be available for use.
- Please use hand sanitizer provided prior to entry.
- Proper hand washing and drying before exiting the washroom is required.
- Washrooms cleaned throughout the day by staff, with a deep clean overnight.
- Washrooms are not to be used as a substitute for change rooms.

Virtual Fitness

If you are not ready to return to the CGC right away, stay active at-home with our virtual fitness options.

Healthy Habits, Active Advice

After the facility closed in mid-March, we wanted to help our CGC community stay engaged and keep up with a healthy routine. Our Healthy Habits, Active Advice became a hub for fitness tips, tricks and recommendations, meditation exercises, CGC puzzles, family activity ideas, and more!

August Fitness Challenge

August's Fitness Challenge includes 6 live classes a week and at-home strength workouts. Like our previous challenges, The August Fitness Challenge is free to join for both members and non-members. If you signed-up for our May, June or July Fitness Challenges, no need to sign-up again for August, we did that for you!

PRESS PLAY | STAGE 2 – BOOKING & CAPACITY

Booking

As we reopen the facility in stages, the safest way to manage capacity, enhanced cleaning and current Public Health protocols is through online or in-person booking of all available activities. It also enables you to guarantee your workout time.

When creating our activity booking time slots, we considered things like dedicated time for seniors and immunocompromised individuals; square footage of each area as it relates to social distancing; staggering start times to reduce the number of people in hallways at any given time, and adequate time for cleaning between time slots. As we progress through our reopening stages, we'll continue to monitor our booking strategy and use your feedback to help update our procedures where needed.

About Booking | Stage 2 (July 20-August 30)

- All activities in Press Play Stage 2 require booking online or in-person.
- As of July 20th, activities can be booked seven (7) days in advance until one (1) hour prior to its start time, provided the time slot is still available.
- Booking is available for both members and non-members and payment made at the time of booking, unless you purchased a Press Play Pass.
    - To book activities in the Fitness Centre, members must be 14 years of age or older; non-members must be 18 years of age or older.
    - Members and non-members must be at least 12 years old to book activities in areas outside of the Fitness Centre.
- Only one (1) activity time slot booking per person per day. This is to give more people the chance to access the facility.
- 8am-9am activity time slots are only available for senior/immunocompromised members. For any immunocompromised members interested in booking during this time, please contact us at membership@canadagamescentre.ca or 902.490.2291 and we will set up your account for this booking feature.
- Individuals who do not show up for their bookings more than twice in a 2-week period will be unable to book for 7 days.

How To Book An Activity

Book your activities online or visit us in-person at the Customer Service Desk.

View How-To Book Online with screenshots (Desktop PC/Mac) / (Mobile/Tablet), OR follow the desktop directions below. If you need additional help, please call 902.490.2400 ext. 7, Monday-Friday 8am-8pm; Saturday & Sunday 8am-5pm. Please note we are closed Natal Day, August 3rd, 2020.

3. Visit our online registration site: https://www.hfxcgcwebtraconlinereg.ca/wbwsc/webtrac.wsc/splash.html
4. Sign in to your online account under Member Login.
    - Forgot your username or never registered online before? Click here.
    - Forgot your password? Click here.
    - *Emails for username and password reset are sent from info@canadagamescentre.ca. Add this email to your contact list, so it doesn't end up in your junk folder.*
10. Once signed in, choose an activity type from the menu.
11. Next select the time from the Search Results listed by clicking the calendar icon.
12. From the calendar select the day you would like then select Add to Cart.
13. Select the member attending the activity.
14. Complete the questions and select Continue.
15. Confirm your shopping cart then click Proceed to Checkout.
16. Your transaction is complete. Your confirmation receipt is sent to the email listed.

Attending Your Activity | Stage 2

- **Effective July 31st, 2020: Masks are required while inside the facility. They can be removed when exercising/directly engaged in physical activity.**
- Members and non-members are required to line-up outside the facility, in the designated waiting area, prior to their booking start time. Physical distancing requirements for waiting will be marked.
- Members and non-members will not have access to the facility any earlier than 10mins prior to their activity start time, with the exception of Aquatics Activities where access is 15mins prior. Late entry to fitness classes and Aquafit is not permitted. For Pod Swims in Stage 3, entry is completed as a group.
- Come ready to play/swim:
    - Dry land activities: Arrive dressed for your workout, bring a water bottle with you and leave your valuables and bags at home. No access to change rooms, cubbies, or lockers.
    - Aquatics activities: Arrive in your swimsuit, bring your googles, swim cap, water bottle, towel and flip flops/water shoes with you. Leave shampoo, body wash, hair dryers, etc., at home. Change rooms are available for Aquatics activities only with limited lockers, changing stalls and washrooms

to support social distancing and cleaning. No showers, other than rinsing prior to entering the pool deck. Aquatics participants will have a maximum of 15mins in the change rooms at the end of their activity time slot.

- Please bring a form of photo ID with you, for members this can be your CGC membership card. You will need it for access.
- Please follow staff directions and safety protocols while inside the facility. Practice social distancing of 2m (6ft), good hand washing and respiratory hygiene at all times. Stay home if you are feeling unwell.
- Be kind and patient with everyone. Pace yourself as you return to physical activity.
- At the end of an activity time slot, everyone booked for that time slot must exit the facility, regardless of the time they entered.

How To Cancel An Activity

If you can't make your booked time slot anymore, you can cancel it online or in-person up to an hour prior to the start time without penalty.

View How-To Cancel An Activity with screenshots OR follow the directions listed below:

1. Visit our online registration site: https://www.hfxcgcwebtraconlinereg.ca/wbwsc/webtrac.wsc/splash.html
2. Sign in to your online account under Member Login.
3. Under the My Account tab, select Cancellations.
4. Select the booking you would like to cancel from the records list.
5. Confirm that is the booking you would like to cancel and continue.
6. Select Proceed to Checkout. On the following screen select Continue.

PRESS PLAY | STAGE 2 – PASSES & RATES

STARTING JULY 20TH, 2020

Given the restrictions on our amenities and services in Stage 2, we are offering facility access at a rate that costs less than our regular memberships and day passes.*

- We're introducing a Press Play Pass and Pay As You Go options for members and non-members.
- All activities must be booked online or in-person prior to participating.
- In Stage 2, activities can be booked as early as 7 days in advance and up to the hour before, provided there is still space available.

**Does not apply to regular Add-On Membership rates or a regular Family Day Pass.*

Press Play Pass

- The Press Play Pass is the best value if you're active with us more than once or twice a week.
- Passes go on sale at 8am on July 13th, 2020 and are active from July 20th to August 30th, 2020.
- HST is included in the pricing, and passes are prorated daily from July 20th onward to ensure you are still getting great value!
- Member pricing is available for anyone who had an active annual, six-month, 1-month membership or 10-punch pass on March 17th, 2020.
- Please note: Press Play Passes are non-refundable.

Press Play Pass Category	Member	Non-Member
Adult / Young Professional	$67.00	$134.00
Senior (60+) / Youth (3-18)	$43.00	$86.00
Family*	$115.00	$230.00

**A family includes two adults and all children under the age of 19 living in the same house. To be eligible for a family pass, family members must be related by blood, marriage, common-law or legal guardianship, or adoption.*

To Purchase a Press Play Pass

Passes go on sale at 8am on July 13th, 2020.

All Press Play Passes, except for the family pass, can be purchased online or in-person. Due to system constraints, to purchase a Family Press Play Pass please call 902.490.2400 ext. 7 or stop by the Customer Service Desk.

How-To Purchase a Press Play Pass Online with screenshots:
(Desktop PC/Mac) / (Mobile/Tablet)

Pay As You Go

- Instead of buying a Press Play Pass, members and non-members have the option to pay per visit.
- Payment is made at the time of booking an activity online or in-person.
- Member pricing is available for anyone who had an active annual, six-month, 1-month pass or 10-punch pass on March 17th, 2020.
- HST included in pricing.

Member	Non-Member
$4.00	$7.00

PRESS PLAY | STAGE 2 – MEMBERSHIP UPDATES

Stage 2 | July 20th-August 30th

- Facility Hours remain Monday-Friday 8am-8pm, Saturday & Sunday 8am-5pm* *8am-9am activity time-slots are only available for senior/immunocompromised members. For any immunocompromised members interested in booking during this time, please contact us at membership@canadagamescentre.ca or 902.490.8989 and we will set up your account for this booking feature.
- With the current Public Health restrictions, facility capacity and reintroduction of additional activities, we will introduce a Press Play Pass and Pay As You Go options on July 20th for both members and non-members.
- Aquatics Centre reopens for lane swimming, Aquafit and CGC summer camps. Like all other activities, booking is required.
- Summer Camps begin with small groups of 8 campers and 2 leaders. Camp groups will be kept separate from each other and other facility users.
- We continue to offer a virtual fitness option to stay active at home.
- Regular bi-weekly membership payments will not start in Stage 2. We will notify you prior to restarting normal payments in later stages. If at that time, you are still uncomfortable returning to the CGC, just let us know and we will adjust your membership hold.

Stage 2 Membership FAQ

- *When/how can I buy a Press Play Pass?*
- *I'm a member but my wife/husband/child isn't. Am I able to add them to my membership so they can take advantage of the member Press Play Pass and Pay As You Go rates?*
- *My regular membership is pre-paid, why do I need to buy a Press Play Pass?*
- *Can I use my 10 Punch Pass or have my regular membership reinstated instead of purchasing a Press Play Pass or paying as I go?*
- *When does my regular membership (Annual, 6-month, 1-month) or 10 Punch Pass start up again?*
- *I'm still not ready to come back to the CGC, can I freeze my membership?*

If you have any additional questions about your membership, please do not hesitate to contact us at membership@canadagamescentre.ca or 902.490.8989.

Stage 2: When/how can I buy a Press Play Pass?

Press Play Passes go on sale on July 13th, 2020 and are active July 20th to August 30th. The passes are prorated daily from July 20th onward to ensure you are still getting great value. Except for the Family pass due to system limitations, you can purchase a Press Play Pass online or in-person. To purchase a Family Press Play Pass, please stop by the Customer Service Desk or call 902.490.2400 ext. 7.

Stage 2: I'm a member but my wife/husband/child isn't. Am I able to add them to my membership so they can take advantage of the member Press Play Pass and Pay As You Go rates?

Yes, you sure can. Members looking to add non-members in their households to their membership can do so by contacting our membership team at membership@canadagamescentre.ca or 902-490-2291. They would be happy to assist you.

Stage 2: My regular membership is pre-paid, why do I need to buy a Press Play Pass?

With the current restrictions on our amenities and services, we are offering the Press Play Pass because it costs less per visit than your paid in full membership (with the exception of regular Add-on memberships). Your regular paid in full membership will remain on hold during Stage 2.

Stage 2: Can I use my 10 Punch Pass or have my regular membership reinstated instead of purchasing a Press Play Pass or paying as I go?

No. By purchasing the Press Play Pass or paying for each visit individually, you are paying less per visit (with the exception of regular Add-on memberships) during a time when our amenities, capacity and services are restricted.

Stage 2: When does my regular membership (Annual, 6-month, 1-month) or 10 Punch Pass start up again?

Regular memberships and payments do not start in Stage 2. We will notify you prior to when your regular bi-weekly or paid in full membership starts up again. Pre-paid memberships and 10 Punch Passes will include an extension on your expiry date for the time it was on hold during our COVID-19 closure and early stages.

Stage 2: I'm still not ready to come back to the CGC, can I freeze my membership?

Your membership has been frozen since March 17 and no payments will be taken in Stage 2. We will notify you prior to when your regular bi-weekly or paid in full membership starts up again. If at that time you are still uncomfortable returning to the CGC, let us know and we will adjust your membership freeze. If you have any questions or want to confirm we have your correct email on file, please contact our membership team at membership@canadagamescentre.ca or call 902-490-2291.