

MASK WEARING – Updated January 2021

Masks are required while inside the Canada Games Centre when not performing physical activity. This includes, but is not limited to:

- When moving to different equipment/cardio machines within the Fitness Centre and Track;
- While waiting on the bench for your turn to play basketball, badminton or pickleball;
- Walking to and from your lane within the Aquatics Centre and Track or marked fitness class square;
- When going to refill your water bottle;
- While in the change rooms, washrooms and hallways.

MASK WEARING FAQ

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

Yes. As per Public Health's 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 at least 2m/6ft, and 3m/10ft during high intensity workouts. 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. Can I take my mask off while exercising?

Currently yes, but only when performing physical activity. Masks must be worn to and from all exercise/recreation activities (i.e. to and from your lane, piece of equipment, designated fitness class square), when moving to other equipment, while waiting for your turn to play, in the hallways, washrooms and change rooms.

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

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

6. 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 before walking back to the change rooms.

7. 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.

8. 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.

9. 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.

10. 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.