

Lunenburg Community Centre – COVID-19 Terms & Conditions

Updated: November 13, 2020

Please review all of the facility COVID-19 terms and conditions, which are in place to keep you, our community and our staff safe. The facility will be open by “appointment/booking only”. Bookings must occur one (1) business day prior to usage.
To book, please call 902-634-4006.

As Provincial standards change, this document may also adapt. **Please be patient with us.** We are all learning together the best way to re-open our community facility.



MASKS (non-medical) are required in the facility, except during an activity where a mask can't be worn. A mask must be worn in the lobbies, hallway, washrooms and stairs. You may remove your mask during physical activity; however, a mask is encouraged at all times.



RENTALS

- Auditorium: bookings will have a maximum of 10 people unless a plan for social distancing that meets current protocol is approved by management. The gathering limit for performing arts, sports and organized physical activity is now 50 people.
- Fitness Studio: a maximum of 10 people permitted in the studio.
- Climbing wall is closed.
- Renters are to arrive no more than 5 minutes before scheduled booking and are asked to vacate the facility within 5 minutes after booking.
- Please sanitize your hands when entering the facility.
- Renters are responsible to ensure the main doors remain locked and no other members of the public (that are not involved with the rental) enter the building.
- Renters will be asked for the booking individual's name and telephone number. This information will be kept confidential unless there is a virus spread.
- Bookings must occur one (1) business day prior to usage.
- Renters are required to follow all signage and directional flow in the building.
- Payment is in the form of cash or cheque. Normal fees will apply.
- Renters will be asked to bring their own equipment (personal racquets, balls, water, etc.).
- The water fountain will be closed. The water bottle refill station will remain open as it is touchless.
- Sports that do not meet the physical distance requirements and gathering limits are not permitted.
- To book, please call 902-634-4006.

PICKLEBALL & BADMITON

Pickleball Times: Tuesdays from 9am-11:30am and Friday from 1:30pm-4:30pm. (Note: Sunday afternoons and Tuesday evenings to come beginning of November).

Badminton Times: Wednesdays beginning on November 4 from 7pm-9pm.

Do I need to pre-register? No! There will be a form for you to sign-in each day you attend. Please include your name and telephone number, which is important for contact tracing for Public Health if required. This form will be on the stage in a red binder.

Pre-screening: Please conduct a self-health assessment prior to entering the building.

Masks: Non-medical masks are required in the facility, except during an activity where a mask can't be worn. A mask must be worn in the lobbies, hallway, washrooms, stairs and waiting to play. You may remove your mask while playing pickleball; however, a mask is encouraged at all times. When you come off the court, please put your mask back on.

Other important notes:

- While waiting on the side, please wear your mask and keep 6ft physical distance from others.
- Follow all signage and directional flow in the building.
- Sanitize your hands when entering the facility.
- Players will be asked to bring their own equipment (personal racquets, balls, towels, water, etc.).
- We encourage everyone to bring their own paddles and balls; however, if you need to use the Town's, please put it in the "to be cleaned" container when you are finished.
- Players are to arrive no more than 5 minutes before scheduled booking and are asked to vacate the facility within 5 minutes after booking.

WEIGHT ROOM

- The weight room re-opening plan is in preparation.

WASHROOM PUBLIC ACCESS

- No public washroom access will be available for non-facility-users.

Self-Assessment

Symptoms of COVID-19

Watch for symptoms. Symptoms can vary from person to person and in different age groups. Symptoms may take up to 14 days to appear after exposure to COVID-19.

The severity of COVID-19 symptoms can range from mild to severe, and in some cases, can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

When to call 811

Call 811 for assessment if in the past 48 hours you have had or you're currently experiencing:

- fever or cough (new or worsening)

OR

Two or more of the following symptoms (new or worsening):

- sore throat
- runny nose
- headache
- shortness of breath

You should also call 811 for assessment if you think you've been exposed to COVID-19 or have any other symptoms that concern you.

FITNESS CLASS AND SENIOR FITNESS CLASS

- **Fitness Class** is from **8:30am-9:30am** in the Auditorium when more than 10 people.
- **Senior Fitness** is from **10:00am-10:45am** in the Auditorium.
- Registration must be pre-booked one (1) business day prior to class. Please call 902-634-4006.
- Physical distancing must be kept at all times while in facility, including during classes.
- Participants are asked to arrive no more than 5 minutes before their class time and to vacate the facility within 5 minutes after the class.
- Masks (non-medial) are required in the facility, except during an activity where a mask can't be worn. A mask must be worn in the lobbies, hallway, washrooms and stairs. You may remove your mask during physical activity; however, a mask is encouraged at all times.
- Instructors will keep track of attendance each class for potential tracing of COVID-19.
- We ask for you to wipe down all of your equipment after each usage. Cleaning supplies will be provided.
- Please sanitize your hands when entering the facility.
- All users are required to follow all signage and directional flow in the building.
- Normal fees will apply.
- The water fountain will be closed. The water bottle refill station will remain open as it is touchless.

FITNESS CLASS

This fitness program offers 3 moderate intensity classes per week in our fitness studio with experienced instructor Paula Masson. Classes provide a combination of cardio workouts with strength and toning exercises.

Mondays, Wednesdays & Fridays

8:30am-9:30am

Community Centre Gym

\$43/month or \$5/drop-in

SENIORS FITNESS

This program is designed primarily for seniors and those who prefer to exercise with ease. Our instructor, Madeline Oxner, leads the class with emphasis on improving muscle tone, flexibility and strength in an atmosphere of fun and friendship.

Mondays, Wednesdays & Fridays

10:00am-10:45am

Community Centre Gym

\$65/12 weeks or \$3/drop-in

WALKIN' IN THE MORNING

- **Mondays, Tuesdays, Wednesdays and Fridays, 8:00am-9:00am (FREE)**
- All walkers will be asked for their name and telephone number for potential contact tracing. Please "sign in" at the book on the stage upon entrance.
- Physical distancing must be kept at all times while in facility, unless with your bubble.
- Masks (non-medial) are required in the facility, except during an activity where a mask can't be worn. A mask must be worn in the lobbies, hallway, washrooms and stairs. You may remove your mask during physical activity; however, a mask is encouraged at all times.
- Please sanitize your hands when entering the facility.
- All users are required to follow all signage and directional flow in the building.
- The water fountain will be closed. The water bottle refill station will remain open as it is touchless.