

ZATZMAN SPORTSPLEX

Re-Opening Guide

Last Updated: Thursday, June 15, 2021

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Welcome back again!

We missed each of you over the times we have been closed. For 36 years the Sportsplex has been a hub of community activity. People have come to the Sportsplex to play, be entertained, and to improve their health. The past year has been hard on everyone, and we are so excited the facility is reopening (with restrictions).

As we have all heard from Dr. Strang, it is critical that the re-opening of businesses and organizations be done gradually, taking every opportunity to reduce the risk of COVID-19 transmission. Measures like physical distancing, increased cleaning, and reduced occupancy are required. As numbers continue to decline and vaccination rates increase, we will be able to drop restrictions and be open more freely.

TIMELINE

Through this section we will explain what to expect at the Sportsplex as we re-open. It is important to remember that public health information and provincial directives can change quickly. We will make every effort to update our website and other platforms as fast as possible as we adapt to these changes.

Our reopening in the Spring/Summer of 2021 will follow the phases as detailed by Provincial guidelines in their overall reopen plan.

PHASE 1

Closed

PHASE 2

Expected dates: June 16 – June 29

- Facility Hours: Monday – Friday, 6 a.m. – 9 p.m. and Saturday- Sunday, 8 a.m. – 5 p.m.
- All activities must be booked ahead of time online through MyRec. If you have not booked your activity online, you will not be permitted to enter the building.
- Activities must be paid for at the time of booking.
- Tours and social areas are not available.
- Enhanced cleaning and safety protocols in place.
- Maintain 6-feet between you and others.
- Face masks are required. Our facemask policy has recently changed, please take the time to read it carefully.
- Persons not willing to support COVID-19 safety measures will be asked to leave the facility.
- Day camps will remain at groups of 10 with staff.
- Organized sports can practice and train indoors with up to 10 people without distancing. No spectators are permitted.

PHASE 3

Expected Dates: June 30 – July 13. We are closed on Canada Day, July 1.

- Capacities will be increased in areas where restrictions and distancing will allow.
- Facility Hours: Monday – Friday, 6 a.m. – 9 p.m. and Saturday- Sunday, 8 a.m. – 5 p.m.

- All activities must be booked ahead of time online through MyRec. If you have not booked your activity online, you will not be permitted to enter the building.
- Activities must be paid for at the time of booking.
- Tours and social areas are not available.
- Enhanced cleaning and safety protocols in place.
- Maintain 6-feet between you and others.
- Face masks are required. Our facemask policy has recently changed, please take the time to read it carefully.
- Persons not willing to support COVID-19 safety measures will be asked to leave the facility.
- Organized sports can play, practice and train indoors with up to 25 people without distancing. Spectators are not permitted indoors.

PHASE 4

Expected Dates: July 14 - September

- Capacities will be increased in areas where restrictions and distancing will allow.
- Facility Hours: Monday - Friday 6 a.m. – 9 p.m. Saturday- Sunday 8 a.m. – 5 p.m.
- All activities must be booked ahead of time online through MyRec. If you have not booked your activity online, you will not be permitted to enter the building.
- Activities must be paid for at the time of booking.
- Tours and social areas are not available.
- Enhanced cleaning and safety protocols in place.
- Maintain 6-feet between you and others.
- Face masks are required. Our facemask policy has recently changed, please take the time to read it carefully.
- Persons not willing to support COVID-19 safety measures will be asked to leave the facility.
- Day camps are permitted with groups of up to 30 including staff.
- Organized sports can play, practice and train indoors with up to 25 people without distancing. Spectators are permitted provided the organization has met our requirements.

PHASE 5

Expected date: September 2021

Details to follow as the Province releases information.

WHAT'S NEW?

Summer Program Registration

Summer Program Registration will begin Wednesday, June 16 at 9 a.m.

Welcome Desk

When you enter the building, you will notice a new setup at the welcome desk. Staff will check you in at the door. For those people who have booked an activity or are registered for a program, you will head straight through the lobby into the facility.

For those who need to speak to Welcome Desk staff, you notice a new queue to line up in. Please ensure you wait in line while physically distancing for the next available Welcome Desk staff member to assist you.

Strollers on the Track

There is now a designated stroller time. We have created a specific time for parents who bring their young children and walk with a stroller. You can also book times that are not specified for stroller use, but you will need to book 2 spaces, so we do not exceed space capacity. Stroller time is Monday to Friday from 10:45 - 11:45 a.m. Your child will need their own MyRec account to book a spot.

Facemasks

There are changes to our Facemask policy, please read the section on Facemasks below carefully.

Childminding

Before the shutdown, we were aiming to bring back childminding. Following the phased reopening approach, we are hoping to bring back childminding in Phase 5.

Day Camps

Our Epic Fun day camps are currently full and have waiting lists. We have added new sports-themed summer camps to our program guide that will be available for registration starting June 16 at 9 a.m.

FACEMASKS

Facemasks are mandatory.

NEW: Only medical and non-medical facemasks will be accepted at the Sportsplex. Bandanas, neck gaiters, balaclavas, clear plastic mouth shields, or items of clothing tied around the face will **not** be accepted. Face shields do not replace facemasks.

Masks are required in the facility when:

- Entering and exiting.
- In public areas like the locker rooms, washrooms, hallways, and meeting rooms.
- **NEW:** Masks must be worn in the fitness centre when moving between equipment and resting between sets. Masks can be removed when actively working out.

Masks are not required when:

- Swimming.
- Playing a sport or participating in an activity.
- Working out in the fitness centre.
- Participating in a class.

Exceptions:

- Children under the age of two do not have to wear a mask.
- Children aged three and four should wear a mask. If parents can't get them to wear it, this will not be enforced.
- Persons who are unable to wear a mask for medical reasons, including those with intellectual disabilities who refuse to wear them, are exempt.

PROCEDURES TO HELP KEEP YOU SAFE

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

If you are feeling sick, stay home. Are you experiencing cough, fever, sore throat, or difficulty breathing? Have you travelled outside of Nova Scotia in the last 14 days? If you have, we ask that you please stay home, and call 811.

Enhanced cleaning measures. Enhanced cleaning measures are being put into place to disinfect every surface, including cleaning equipment before and after use, purchasing of Fogger machines, and sanitizing stations throughout the facility. You can read more information on our enhanced cleaning measures on page 11.

Reduced occupancy. There will be a restricted number of patrons allowed within the facility at any one time. Drop in bookings are staggered to spread out entries, lobby space and use of locker rooms.

Personal Protection Equipment (PPE). Everyone entering the facility will be required to wear a mask, except for when actively participating in an activity or working out. Non-medical masks are required. Please read our section on Facemasks above.

First-aid protocols. We are following the advice of the Lifesaving Society and have adapted our first-aid protocols to include their recommendations and additional protective/safety equipment.

Pre-book all activities online through MyRec. All activities must be pre-booked online through a MyRec account. We will update you on any changes as we move through the phases.

Activities are booked in 60-minute blocks. The sixty minutes includes arriving and leaving the facility. You will be admitted into the facility only at your booked appointment time. If you arrive early, you must wait outside. These sixty minutes allow for 5-minutes to arrive and get to your activity, **50-minutes of activity**, and 5-minutes to leave. You can book multiple activities in a row.

We are not accepting cash payments. All bookings through MyRec must be paid for when the booking occurs.

Maintain physical distancing. Please respect physical distancing and maintain 6-foot or 2-meters between you and others.

Sanitize often. Patrons are asked to sanitize their hands before they enter the facility. There are several hand sanitizer locations set up in the facility and we encourage you to use them often.

Traffic flow. When you enter the Sportsplex, you will notice metal dividers and directional signs throughout the building. Please respect the flow of traffic and follow the direction of the signs laid out for you. Users who frequently violate directional flow signage will be asked to leave the facility.

Cover your mouth. Please cough or sneeze into your elbow.

We're happy to have you back, but you must leave when your activity is done.

When your booking time is complete, we ask that you leave the facility immediately. We know everyone is excited to see friends again, but please do not congregate or socialize in any of the open areas.

Be where you are booked. Facility users must be in the area they are booked. All areas of the facility are booked separately. If an area you would like to use is full, do not book another area and then use the area you would prefer. This means that areas of the facility would be over the limits set out for the space.

Stay safe. You know your health best. If you have any underlying health conditions, please take extra precautions during this time.

MEMBERSHIPS

Your membership will be extended to cover the days missed during the shutdown. Memberships that expired during that time frame will also be extended. If you had 15 days left in your membership when we closed, you will have 15 days of membership when we re-open.

Yearly memberships paid monthly had payments on hold during the shutdown period.

All memberships will be reactivated as of Thursday, June 17, 2021. You will be able to begin booking activities as of Tuesday, June 15 at 1 p.m.

BOOKING ACTIVITIES

ALL ACTIVITIES MUST BE BOOKED ONLINE

- All activities must be pre-booked online through MyRec.
- Online bookings will help us maintain reduced occupancy levels.
- Online bookings will help us with contact tracing if required.
- Persons dropping in can register for an activity at the Welcome Desk depending on space availability. Many areas are already full beforehand. Staff cannot hold spaces over the phone until arrival.
- You can only book activities for yourself or your immediate family, not on behalf of anyone else.
- Everyone must have their own MyRec account set up for booking activities, including children. MyRec will not let you book multiple people under the same account for activities (it will for programs such as swimming lessons, or dance lessons). You will not be able to book a child under the same account as the primary account holder. This is due to how the booking system operates.

HOW DO I GET A MYREC ACCOUNT?

This one is easy. [Please click here to visit the website to register](#). Please [click here](#) for full instructions on booking, and how Family Memberships can be set up so each family member can book into the facility.

WHAT IS THE FEE FOR ACTIVITIES?

- Members book activities at no cost.
- Non-members will be charged \$5 per booking.
- Parent and Tot swims are \$7.
- The track will be free on Tuesday, Wednesday, Thursday, and Sunday.

HOW FAR IN ADVANCE CAN I BOOK MY ACTIVITY?

- Members will have access to book an activity 7 days in advance
- The general public will have access to book an activity 5 days in advance

HOW MUCH TIME DO I GET FOR MY ACTIVITY?

Every activity booking will be for a 60-minute slot, and patrons will not be able to enter the building until the start of their booking time. The 60 minutes allows for:

- 5-minutes to enter the building and get to your activity
- 50-minutes in your activity
- 5-minutes to leave the building.

Coming dressed for your activity will help you get to your booked activity with plenty of time.

WHEN CAN I BOOK MY ACTIVITY?

This service will become available to members on Monday, June 14 at 1pm.

FACILITY USE

In addition to the rules and restrictions in place for the facility, we have specific rules and restrictions in place for each area of our facility. These rules are for the, track, gymnasium, fitness centre, fitness classes, pool, courts, and arena.

TRACK

- We ask that all runners/walkers please move in the same direction that is designated for that day.
- Please create space for patrons who are attempting to pass. If you are running or walking with someone within your bubble, be aware of other track users. Keep in mind you will have to walk or run in single file if other patrons are trying to pass.
- Please wait for other track patrons to create space for you to pass!
- You will notice that there are specific entrance and exit points along the track to help maintain traffic flow. Please use the proper entry and exit points.

There is now a designated stroller time. We have created a specific time for parents who bring their young children and walk with a stroller. You can also book times that are not specified for stroller use, but you will need to book 2 spaces, so we do not exceed space capacity. Stroller time is Monday to Friday from 10:45-11:45am. Your child will need their own MyRec account to book a spot.

GYMNASIUM

- Nets will be provided and set up by the Sportsplex staff. All other equipment, such as basketballs, volleyballs, badminton rackets, etc. must be brought from home. Facility equipment will not be available for use.
- Do not share your personal equipment with anyone outside of your family bubble.
- Rentals will include a designated location in the gymnasium. Please contain play to your assigned section of the gym.
- Please use the proper entry and exit points.

FITNESS CENTRE

- Wipe down fitness equipment, both before and after you use it.
- Re-rack the weights after use.
- Some machines in the facility will be blocked off to maintain social distancing between patrons. Please do not try to use these.
- Weight belts, resistance bands, TRX straps, and other personal equipment normally available to borrow are not available.
- Do not share your personal equipment with anyone outside of your family bubble.
- Please use the proper entry and exit points.
- Bring indoor footwear to use in the fitness centre.

- Senior hour is Monday – Friday, 10 – 11 a.m.

FITNESS CLASSES

- You will be allowed into the facility ten minutes before class begins.
- Please sanitize your equipment before and after use.
- Use designated entrance and exit points.
- Do not share your personal equipment with anyone outside of your family bubble.

POOL

- All pool activities will need to be booked through MyRec.
- Patrons will be allowed into the Sportsplex 15 minutes prior to their pool activity and must leave 15 minutes after their activity is over.
- The pools will be available for lane swims (two swimmer per lane), Sportsplex Day Camps, individual fitness times, leisure swims, parent and tot swims, and open swims.
- Swimming lessons and Aquatic Leadership courses are available. Please check our Summer Brochure located on our website. Registration is scheduled for June 16.
- Flutter boards, pull buoys, and other personal equipment are not available to borrow.
- To prevent the spread of the virus, we ask that you do not share your personal equipment with anyone outside of your family bubble.
- Please do not spit, cough, urinate, or blow your nose in the pool. (Please continue to never do this, even after COVID).

COURTS

- Patrons must bring their own equipment. Rackets and other equipment will not be available at this time.
- Please do not share your personal equipment.
- Maximum numbers on the court is 2 per court. Please do not book somewhere else in the facility and then go play with your friends on the courts.

ARENA

- Arena rentals are permitted to enter the facility 15 minutes prior to their rental and must leave 15 minutes after their rental ends.
- Please check in at the Welcome Desk when entering through the main entrance. You will need to provide the group name that the rental is listed under.
- Loitering in the dressing rooms after your rental is not permitted in any circumstances.

- Spectators will be permitted as noted on the Phases above.
- Coaches, players, and any other team staff must be counted in the group numbers.
- Athletes must abide by the regulations of their respective sport governing body. Participants not following these regulations will be at risk of losing their ice time for the entire group, including future rentals.
- Participants who are 12 years of age and younger can be accompanied by one guardian if needed. The guardian is not permitted to stay in the facility while the participant is on the ice. Participants ages 13 years and older are not permitted a guardian in the facility at this time.
- Participants will need to come dressed in their equipment and leave dressed in their equipment (excluding skates).
- Dressing room assignments are clearly posted at the beginning of the hallway and outside each room. Please ensure that your group is using the correct room(s), and that you stay in your assigned dressing room(s) until the start of your ice time.
- Spitting is not permitted anywhere in the facility.
- The sharing of water bottles and equipment is prohibited. Water bottles must be filled at home and labeled with your name.
- While on the ice, participants including coaches, must keep their helmets and gloves on.
- To exit the building, please use the stairs located by the dressing rooms. This will lead you to the exit for our parking lot. Any participants requiring the use of the elevator will exit through the main entrance.
- For contact tracing purposes, each rental group is required to have a list of participants with their contact information for each ice time. If contact tracing is required, it will be the responsibility of the organizer to communicate with their members and provide information to public health.

ENHANCED SAFETY AND CLEANING

The Zatzman Sportsplex is committed to the safety of our staff and customers. As such we have made changes in how we operate to help keep everyone safe.

- Before reopening we will have completed a deep clean of the entire facility.
- We have confirmed with our suppliers that our cleaning supplies are approved by Health Canada as effective against COVID-19.
- The Sportsplex uses 'foggers' to help ensure that spaces are disinfected quickly and completely.
- The facility will be deep cleaned each night.
- Hand sanitizer is available when you arrive and throughout the building.
- Bookings and payments are encouraged to be completed online through MyRec to reduce physical transactions.
- We have shields at the welcome desk.
- We have modified traffic patterns in the building to help encourage physical distancing
- We have signage throughout the building reminding patrons to physical distance and stay home if feeling sick.
- Fountains can only be used to fill water bottles.
- All social and seating areas will be blocked off. If you need to change, please use the locker rooms.
- Patrons will be required to provide their name, address, and contact information when registering for an activity to allow for contact tracing should the need occur
- Persons placing others at risk will be asked to leave the facility.

EXPECTATION OF PATRONS

We have implemented procedures to keep our staff and patrons safe. But these measures will only work if everyone follows them and does their part. As patrons, you will also have responsibilities.

We expect you to:

- Not come into the facility if you have signs of COVID-19, such as fever, cough, runny nose, tiredness, or aches and pains.
- Not come to the facility if you have been in contact with someone who has COVID-19.
- Not come to the facility if you have travelled outside the Province within the last 14 days.
- Remain 6-feet from others. Be aware of your surroundings and ensure everyone is always able to physically distance.
- Clean any equipment before and after use.
- Respect bookings and timeslots. You will not be permitted to enter the facility if you have not booked a time slot. You may enter the facility at the start of your booking, and you must leave the facility immediately after your booking is complete.
- Stay in the activity you have booked.
- Show up for the activity you have booked. If you need to cancel an activity booking, you can do so on MyRec.
- Be patient and kind with everyone.