

Lakehead Athletics COVID-19 Policies Handbook

Lakehead



Introduction

In response to the COVID-19 Pandemic, temporary policies have been put in place to ensure the safety of our students, members, visitors, and staff.

Amended or new policies can be found below. Amended policies will reference their original policy number as in the Lakehead Athletics Facility & Membership Handbook.

Any policies not amended below that are in our Lakehead Athletics Facility & Membership Handbook are still enacted, included our code of conduct.

Any individual in violation of this code, and or facility policies, will be subject to disciplinary actions. Lakehead Athletics reserves the right to suspend, or cancel services without a refund.

Facility Policies

Below are the facility policies that have been amended for COVID-19

1. General Facility Policies

1.5 Hangar Field & Basketball Court Usage

- No basketball, soccer, or other contact sport game play permitted in the facility, even among individuals of the same household. Individual skill development is still allowed
- Please limit your time on open gym/field to 1.5 hours, to allow for all users to access these high-demand spaces

Open Court Usage

- Maximum 3 people per basketball net, and 4 people per badminton net
- The gym is currently divided into designated basketball and badminton areas. Nets are not to be moved at this time.
- Only singles badminton is permitted, unless players are from the same household/social bubble.
- All activities, including basketball skills (shooting, dribbling, etc.) must be practiced with at least 2 metres in between players
- Basketball games are not to be played at this time

Open Field Usage

- There is a maximum of 5 people per half field
- No organized sports can take place on the field.
- All activities must ensure social distancing is taking place between users.

1.6 Changeroom & Shower Access

- Changeroom are available for use and open in the CJ Sanders Fieldhouse.
 - The men's and women's changerrooms in the northwest corner of the facility
 - The family/gender-neutral changerrooms available at the entrance to the pool (they are available at all times, even if the pool is not open)

- Showers are not currently available for use within the changerooms

1.7 Day Use Lockers

- Day Use lockers are not currently available for use.

1.8 Sauna Use

- Saunas are not currently available for use

1.9 Towel Rental

- Towel rentals are not currently available for use

1.14 Facility Hours & Closures

Facility Hours

- Our facility will be operating with block schedules to allow for cleaning throughout the day. Our temporary hours are:
 - Monday to Friday
 - 6:30 am - 9:30 am
 - 11:00 am - 3:00 pm
 - 3:30 pm - 7:00 pm
 - Close don weekends
- The facility will close promptly at the advertised time each day. All areas of the facility will be cleared 15 minutes prior to the close time to allow for members to gather their items and exit the facility by closing time.

1.15 - Mask & Social Distancing Requirements

- Masks that securely cover your mouth, nose, and chin without gapping are required at all times in the facility. Temporary removal is permitted only while actively using cardio equipment or running on the track.
- Social Distancing (2 metres, or 6 feet) must be maintained between members at all times

1.16 Facility Capacities

- The entire Fieldhouse and Hangar will have a capacity of 100 during open hours. However, each space is limited to unique capacities within that). Each space is first come first serve. Capacities are as follows:
 - Weight Room - 18
 - Hangar - 50 (includes field, track, and fitness spaces)
 - Aerobic Studio - 9
 - Gymnasium - 26 (18 basketball, 8 badminton)

1.17 Cleaning

- Users are **required** to clean their equipment after every use using the provided cleaning supplies in the workout spaces.

1.18 Updated Waivers

- All users are required to sign an updated waiver prior to access. Waivers can be signed through their online athletics account (if attached to their membership) at luathletics.lakeheadu.ca, or at the front desk.
 - Members can email erstaff@lakeheadu.ca to set up an online account

2. Pool Policies

2.1 Pool Access

- All pool users must sign in at the front desk prior to accessing the pool

- Lane swim is only available for certain hours of the day, according to the schedule that can be found at: www.thunderwolves.ca/facilities/hours
- All swimmers must book a lane online prior to arriving to the pool at luathletics.lakeheadu.ca
- Pool users must follow the instructions and guidance from lifeguard staff at all times, and are expected to conduct themselves in a safe manner when on the pool deck and in the water
- The cabanas (2) on the pool deck are available for changing
- There are no day use lockers available - please bring your swim bag onto the pool deck

2.2 Rules & Regulations

- To maintain physical distancing guidelines, please do not arrive at the pool deck earlier than 10 minutes before your scheduled swim time.
- There is only 1 patron allowed per lane and you must swim in the lane number that you book ahead of time
- Maintain your 2m physical distance from other patrons at all times.
- Pool users are asked to shower at home before and after swimming
- Pool users are asked to use the gender neutral washrooms on the pool deck if necessary at any time during their swim
- Please remove your outdoor footwear before entering the pool deck and carry them with you to where you choose to place your swim bag
- please wear your mask onto the deck, place your mask into your bag while swimming and put mask on when exiting the pool
- There will be no swimming aid equipment provided by the pool - if you wish to use these please bring your own to and from the pool at the time of your booking

Please be advised that any patron in violation of the aforementioned policies will be asked to leave the facility and not to return until management deems appropriate.

All questions and/or concerns are to be directed to Manager of Operations & Client Services.

Memberships

There are currently no changes to Section 3. Membership Offerings, Section 4. Membership Specific Policies, or Section 5. Short-Term Facility Access Information in the Lakehead Athletics Facilities & Membership Policies Handbook. The only change to our facility services is listed below.

6. Facility Services

6.2 Towels

- Towel service is temporarily unavailable.