

**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, including 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

Open Court Usage

- Maximum 2 people per basketball net, and 2 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 for individuals from the same household/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

- The locker rooms (including showers & saunas) are not currently available due to the Red Zone restrictions. Members can arrange access to retrieve their items through the front desk.
- Bathrooms are available in the Wolf Den or Hangar

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 open Monday through Friday, with reservations required. **Reservation will be for specific areas of the facility, and members are expected to remain in the area they reserved**
- **The current hours can be found at <http://thunderwolves.ca/facilities/hours/>**
- The facility will close promptly at the end of the last workout block of the day. Users are expected to have their equipment cleaned and be out of their workout zone by that 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

- **Red Zone Restrictions dictate that our fitness spaces can only have 10 people per fitness space. Bookings will allow for 10 people in the following spaces unless otherwise stated:**
 - **Hangar - includes the track, field, fitness space, and aerobics studio**
 - **Fieldhouse Gym - includes badminton nets and basketball nets**
 - **Fieldhouse Weight Room - includes access to the fieldhouse weight room & back lifting room**
 - **Wolf Den Fitness Area - includes access to the lower level of the fitness area in the Wolf Den, which has free weights, lifting platforms, and other various weight equipment. The capacity of this area is only 7.**
 - **Wolf Den Gym - includes basketball nets**
 - **Pool - includes access to lane swim. Capacity is only 8 at this time.**

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 if they do not already have one.

1.19 Bookings are Required

- Bookings are required for access to the Fieldhouse & Hangar. Instructions for booking can be found at thunderwolves.ca/reopening.

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 remain in your designated lane
- 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

6.1 Locker Rentals

- Access to the locker room is currently restricted, and therefore new locker agreements will not be available.

6.2 Towels

- Towel service is temporarily unavailable.