**Facility Rules**

1. If an individual is feeling unwell or has any one of the following symptoms they must refrain from utilizing this facility:
2. Runny nose or nasal congestion
3. Sore throat
4. Cough
5. Fever (signs of fever, including chills, sweats, muscle aches, light-headedness)
6. Headache
7. Nausea/vomiting/diarrhea/unexplained loss of appetite
8. Loss of sense of taste or smell; OR
9. Red or purple spots on hands and/or feet.
10. If an individual or anyone in their immediate household has been outside Newfoundland and Labrador within the past 14 days or they are for any other reason required to self isolate, they must refrain from utilizing this facility.
11. If an individual has been in close contact with anyone who has travelled outside Newfoundland and Labrador in the past 14 days who has developed COVID-19 symptoms, they must refrain from utilizing this facility.
12. If an individual has been in close contact with a known or suspected case of COVID-19 in the last 14 days, they must refrain from utilizing this facility.
13. Please use hand sanitizer before entering gymnasium and on exiting the gymnasium.
14. Two meters between individuals/bubbles is encouraged.
15. Masks must be worn until an individual is ready to partake in an activity in the gymnasium, unless the activity is low intensity, in which masks are encouraged to be worn during the duration of the entire activity.
16. Masks must be worn by participants if they are on the sidelines, warming up or utilizing the washroom during the activity and worn by coaches at all times.
17. No loitering before or after an activity. A group or renter has 10 minutes prior to the activity to prepare and 10 minutes after the activity to exit the facility.
18. No food or open beverages in gymnasium.
19. Water must be in reusable water bottle/cup.
20. No sharing of water bottles.
21. No gum in gymnasium.
22. No spectators allowed within the facility. Only program participants are permitted at this time.
23. Individuals are encouraged to use the directional arrows within facility.
24. Physical distancing is encouraged outside of building and in parking lot.
25. Water station can only be used to refill water bottles. No drinking from fountain.
26. If an issue arises within the gymnasium please inform the City employee at the front desk.
27. Cell phone use in gymnasium must be limited to emergency use only.
28. No outdoor footwear within the gymnasium.