

FREQUENTLY ASKED QUESTIONS

Fall 2020 Return to Play & Participation

Ladysmith Parks, Recreation & Culture has created a list of Frequently Asked Questions to help guide you through new COVID-19 safety protocols for in-person recreation programs and appointments to use the Fitness Centre.

REGISTRATION

1. I cannot wait to get back to programs. How do I register?

Registration remains the same. You can access the class code and register right now through the RecCowichan website, or watch for details and a full class list in the Fall Activity Guide.

Telephone: 250.245.6424

Online: www.reccowichan.ca

If you do not already have a RecCowichan account, you will need to create one. This will take a few minutes. Please ensure that your email address is correct, as you will be receiving a registration confirmation with important notes and reminders.

2. I don't see the registration confirmation?

The email confirmation will be sent once you have registered. If you do not see the email confirmation, please check your spam folder. It is also important to ensure we have your correct email address and you specify this is how you would like to receive communications.

3. How do I know if this class is right for me?

If you are unsure or have any questions, please email your enquiry to prc@ladysmith.ca. You can also call Frank Jameson Community Centre at 250.245.6424, and speak to the staff.

4. I cannot wait to do more classes. When will my usual classes be available?

Great question – we are doing our very best to plan in advance for a return to our 'regular' class schedules and programs. The safety of staff, patrons and the community is our

absolute priority. We will continue to follow the directives on COVID-19 protocols issued by the Provincial Health Officer, WorkSafeBC and Island Health.

GENERAL SAFETY PROTOCOLS – RECREATION PROGRAMS & CLASSES

5. What new protocols are in place to ensure my safety?

We have your safety (and ours) in mind at all times. Thank you for your continued patience as we have prepared for a safe return to registered programs. For ALL program participation you will be required to:

- Agree to the Assumption of Risk Waiver when you register;
- Pre-screen for health at home and do not attend class if you are feeling unwell, even slightly and/or if anyone in your household is ill;
- Hand sanitize, each time we meet and say good-bye;
- Bring your own water bottle, sweat towel, and any equipment listed at your time of registration. Please check your registration confirmation closely to see any list of items that you may be asked to provide for your class. We also suggest bringing minimal personal items; and
- Refrain from visiting/loitering around after classes.

We are so excited to have you back and we appreciate your help in making sure we follow new COVID-19 safety guidelines and procedures.

6. How often is the facility and equipment cleaned?

All frequently touched surfaces are cleaned on a regular basis by staff. All equipment is disinfected between each use. Please refer to the PRC COVID Safety Plan for more detailed and specific facility and equipment cleaning information.

You are part of our success by maintaining physical distancing, proper hand sanitization and practicing respiratory etiquette such as sneezing into your elbow and using tissues with hand washing.

7. How many people can participate in a class?

Each class is designed with your safety in mind and numbers of participants will be dependent on ensuring physical distancing and equipment available. These protocols are established by the Provincial Health Officer and Island Health.

8. Will I have my own “space” to participate in?

You will be assigned a “space” to participate in during your class. Please be patient and remain only in your assigned space, which will also include your assigned equipment, such as a spin bike, or set of weights, floor space, table for your creative workspace etc.

9. What facilities at FJCC are available for FALL 2020?

Washrooms are open with a 1-person occupancy. Unfortunately, changerooms, showers, and the towel service remain closed at this time.

PARTICIPATION

10. What equipment and protocols do I need to follow?

Fitness Centre

At this time all participants must:

- Pre-register for appointments. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of registration.
- Pre-screen for health at home and do not visit the FJCC if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Bring your own water bottle and towel. Water fountains and towel service are unavailable at this time.
- Bring minimal items into the facility – changerooms and showers are unavailable at this time.
- Enter/Exit through the front door.
- Hand sanitize when you enter/exit the FJCC.
- Clean equipment before and after use.

All equipment and high touch points will be disinfected between each appointment time.

Fitness Programs

At this time we are unable to provide any of our yoga props and mats due to safety guidelines. Please bring your own mat and any props you like to use to class and avoid sharing them with others.

Our instructors will ensure each participant is provided with their own equipment during all other fitness classes. At this time we are not sharing any equipment.

Please note, at this time, all participants must:

- Pre-register for sessions. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of registration.
- Pre-screen for health at home and do not attend classes or programming if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Bring your own yoga mat, water bottle and towel.
- Enter/Exit the Gymnasium through the outside side door.
- Hand sanitize when you enter/exit the FJCC.

All equipment will be disinfected between each class.

Sport

Pickleball

We're excited to have Pickleball back again! While all players are welcome, we encourage you to sign up with your small bubble of friends.

Please note, at this time, all participants must:

- Pre-register for sessions. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of registration.
- Pre-screen for health at home and do not visit the FJCC if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Bring your own Pickleball paddle, water bottle and towel.
- Enter/Exit the Gymnasium through the outside side door.
- Hand sanitize when you enter/exit.

Pickleballs will be provided and will be disinfected between each session.

Sport Sampler & GO Time in the Gymnasium

The GYM is open for PLAY but in a little different way.

Please note, at this time, all participants must:

- Pre-register for sessions. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of registration.
- Pre-screen for health at home and do not visit the FJCC if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Enter/Exit the Gymnasium through the outside side door.
- Hand sanitize when you enter/exit the FJCC.
- Use the individual equipment supplied by your instructor.

Equipment will be disinfected between each class.

Recreation

Art and Language Classes

Please note, at this time, all participants must:

- Pre-register for sessions. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of your registration.
- Pre-screen for health at home and do not visit the FJCC if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Please bring the items provided on your registration confirmation.
- Enter/Exit the classroom through the lower door, located next to the Skate Park.

- Hand sanitize when you enter/exit the FJCC.
- Maintain physical distancing using assigned spaces.
- Use the individual equipment supplied by your instructor.

Early Years Classes

Please note, at this time, all participants must:

- Pre-register for sessions. No drop-ins will be permitted.
- Agree to the Assumption of Risk Waiver at the time of registration.
- Pre-screen for health at home and do not visit the FJCC if you are feeling unwell, even slightly, and/or if anyone in your household is ill.
- Please bring the items provided on your registration confirmation.
- Enter/Exit the classroom through the lower door, located next to the Skate Park.
- Hand sanitize when you enter/exit the FJCC.
- Maintain physical distancing using assigned spaces.
- Use the individual equipment supplied by your instructor.

For the latest news and updates visit the Town's website at www.ladysmith.ca, as well as [Facebook](#), [Twitter](#) and [Instagram](#).

You can also receive up-to-date information in your email inbox by [subscribing to the Town's newsletter](#).

