



## Mask FAQs – YMCA of Cumberland Member Update:

On Friday, July 24, 2020, the Province of Nova Scotia announced that masks will be mandatory beginning on July 31, 2020.

Specific to our facility, the NS Government states that: “Places for sports and recreational activities such as a gym, pool, or indoor tennis facility, except during an activity where a mask cannot be worn.” Here is some more information about what that means for the YMCA of Cumberland.

### **Isn't it unsafe to wear a mask if you're getting your heart rate up at the gym or during a sports practice?**

If you're at an indoor public place and you're doing a physical activity where a mask cannot be worn, you can remove your mask for the duration of the activity, but you must wear it at all other times in the facility.

### **Doesn't that mean you could remove your mask for just about any indoor sport or any physical activity at the gym?**

There are all kinds of physical activities that you can do while wearing a mask and some where you cannot. Please use your best judgement.

### **How can you wear a mask in a pool? Wouldn't that be unsafe? If you can take it off to go in the pool, where do you put it?**

You are not required to wear a mask in the pool. Please wear your mask until you are ready to enter the pool, we suggest leaving the mask with your towel once you take it off. A visit to the pool could look like this: Enter the pool deck area with your mask on, bring your towel to the designated area, remove your mask, shower off using the on-deck shower, enter the pool. Then when you are done; dry your face using your towel and put your mask back on prior to heading to the change room.

### **Q: Does wearing a mask mean we don't have to maintain physical distance?**

A: No, a mask is an additional measure to prevent the spread of COVID-19, physical distancing and proper hand washing remain important.

Thank you for complying with the Government of Nova Scotia's mask guidelines. For more information on the mandatory mask requirement, visit: <https://novascotia.ca/news/release/?id=20200724004>