



Athletics COVID-19 FAQ

For the general Carleton University FAQ [please click here](#)

What's open during COVID 19?

The athletics facilities remain open with limited capacity in programs and facilities. All Provincial and Sport Organization protocols are in place, including frequent disinfecting and cleaning to ensure the environment is healthy and safe.

Am I required to pass a COVID 19 screening form before coming to athletics?

Under the orders of the Government of Ontario and guidance from Public Health Ontario and Ottawa, Carleton University and the department of Recreation and Athletics is required to implement the COVID 19 screening form for all participants and users of the facilities and programs.

When will changerooms and showers be available?

Main Athletics Complex

In order to comply with physical distancing requirements, we have reduced the capacity of the facility. In order to accommodate the swimming pool and Ontario Regulation 565, the locker rooms are available to swimmers only. We do not have a timeline for when the changerooms will reopen for other participants.

Ice House

Dressing rooms will be made available based on the most current regulations and will be subject to reduced capacity in order to allow proper physical distancing. In order to clean the dressing room between each use, we will not be offering showers until further notice. Please contact the Ice House Welcome Desk for locker room status.

Can I park onsite without paying?

Parking fees are being waived for the winter 2021 term. Please check back regularly for changes to parking fees.

Do I have to wear my mask on the track or working out?

Masks are required, at all times, while in the athletic buildings. In the Fitness Centre, masks are required at all times, except when using a cardio machine. We strongly recommend wearing a mask when on the track, but it is acceptable to remove it while you are running. Mask are mandatory at all times for Open Rec Soccer & Volleyball.

All persons using the facility are required to wear their mask when not engaged in physical activity. Masks are required even when changing, moving between areas of the facility or changing pieces of equipment within the fitness center and fitness studios.





Do I have to book a spot in advance on-line?

You must pre-book a spot for in-person use of the Fitness Centre, Fitness Classes, Walking track, Open Rec or Swimming Pool. This is available on-line here. You may also phone the Welcome Centre at 613-520-4480 and ask one of our staff to help with booking a spot. You may book up to seven days in advance.

What if I arrive late for my booking?

If you arrive late, you risk losing your spot. For example, for the Fitness Centre if you are past 30 minutes late – your spot will become available as a drop in for someone who has not booked in advanced.

What if I miss or can't make my booking?

We ask that you cancel your booking if you know you can't make it to allow another person to book. Instructions for cancelling a booking are found here. We are not currently charging a fee for missing a booking; however, guests who miss a booking multiple times may be restricted from future bookings.

If I have a medical condition, do I have to wear a mask?

Under the Ottawa By-Law, there are exemptions for those with medical conditions. Please visit the Ottawa By-law for more information about the requirements to wear a mask: [Ottawa By-Law](#)