

GSH User Protocols 2020

GSH Hours of Operation

Monday – Friday	0600-2100hrs
Saturday	0900-2100hrs
Sunday/Holiday's	1000-2100hrs

Online Facility/Equipment Bookings

- All military members and those that have a GSH membership are required to complete an online profile form in order to have an account created and be able to book a facility or piece of equipment.
- Once the form has been submitted, users will receive an email within 48 hours containing a username and temporary password so they can log into their account and begin making bookings.
- Priority will be given to military members between 0600-1115hrs Mon-Fri.
- Those that have a GSH membership will be permitted to book facility/machines from 1115-2100hrs Mon-Fri and anytime Sat & Sun. If you book outside your allowed timings, your request will be denied.
- All users are required to make a booking at least 48 hours prior to their requested booking to allow for processing. First time users will be issued a GSH card that they can be picked up prior to their first booking.
- Booking requests will be reviewed by GSH staff to ensure protocols are being adhered to. If they are not, your booking will be denied.
- All users will be limited to booking two, one hour time slots for facilities or equipment per day.
- Users are not permitted to book the same facility back to back (ie. you cannot book the weight room for two hours, however you can book the weight room for an hour and then a treadmill for an hour immediately following).
- Users are allowed to book facilities/machines no more than two weeks in advance. Any bookings requested beyond the two weeks will be denied.
- If users cannot make a booking, they must go online and cancel their booking. If users do not show up for their time slot a total of two times, their booking privileges will be revoked.
- Late arrivals for time slot bookings will only have the remainder of that time slot for their use.
- Online bookings will include individual equipment options for the cardio room, spaces for the weight/combat fitness room and lanes for lap swims (spaces are limited to comply with current provincial regulations regarding physical distancing).

GSH Facility Procedures

- All military and GSH members are required to use hand sanitizer upon entering the facility.
- All users **MUST** check in at the front desk and scan their GSH card. The front desk attendant will check your name with our facility booking report to ensure you have a booking. You will not gain entry into the facility if you do not have a booking.
- If you have two bookings, you must check in at the front desk prior to entering the second facility space (ie. after your weight room booking, check in at front desk before going to your treadmill).
- All users **MUST** sanitize all equipment used prior to and after usage. Failure to do so will result in a warning where booking privileges may be revoked.
- Gyms A & B and indoor cycle classes are limited to military unit training only and must be booked through the appropriate chain of command and requires PSP staff to lead the activity. Booking must be made through the Fitness Coordinator.
- Arrival to GSH should be no more than five minutes prior to your booking. You will not be allowed access to the facility outside of that time frame.

Change Room Access

- Women's change room will remain open with the exception of a one hour cleaning in the morning from 1000-1100hrs and a one hour cleaning in the afternoon from 1500-1600hrs.
- Men's pool access change room will be open from 0600-1300hrs and from 1800-2100hrs.
- The new men's change room will be open from 1300-1800 hrs only.
- Family change rooms will remain open with the exception of a one hour cleaning in the morning from 0900-1000hrs and a one hour cleaning in the afternoon from 1400-1500hrs.