

Recreation and fitness facilities – Winter 2021

Beginning in January 2021, some fitness and recreation facilities and services on the University of Regina main campus will begin reopening for limited use by students only. The Faculty of Kinesiology and Health Studies is working closely with our Health, Safety, and Wellness team - and within provincial public health guidelines - to ensure the safe resumption of some of these services for students for the Winter semester.

As long as public health guidelines permit, the University of Regina intends to reopen the Fitness & Lifestyle Centre (FLC) and the Aquatics Centre, and resume some fitness and Rec Sport programming for students with strict health and safety protocols in place including:

- utilization of a pre-registration process;
- required mask usage;
- sanitizing/cleaning protocols;
- physical distancing;
- limited capacity and other safety measures.

Comprehensive information regarding the resumption of these activities will be posted on this site by December 11.

For students who are unable to physically come to campus, virtual fitness and wellness programming (including some live-streamed content) will be made available through virtual platforms including Kaltura and Zoom. Again, more information will be posted here soon.

We are unable to accommodate a return to these facilities or services for faculty, staff, or community users at this time in order to effectively manage the number of people accessing the facilities and to ensure tight control of health and safety protocols. We will continue to assess the situation moving forward to determine if expanding access to these facilities is possible while still ensuring the health and safety of our entire campus community.