

WEST
NORTHUMBERLAND



WNGHA

Return to Hockey Plan & Guidelines

Updated: September 30, 2020

Disclaimer

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. The Ontario Women's Hockey Association and its Members make no representation and assume no responsibility in respect of their information concerning COVID-19 as the circumstances are constantly changing, and any information on COVID-19 should be obtained from your Public Health Authority.

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WNGHA Offices and Activities

All meetings and activities should be conducted online and virtually whenever possible. If players are involved, it must be in accordance with the 2-deep policy (there should not be 1 adult alone with a player either in person or on-line).

COVID-19 Education

- All staff, coaches, skaters, parents, members and volunteers will receive education on new safety and hygiene protocols through the use of Government-approved information on ways to limit the spread of COVID-19.
- Educational materials will be provided by the WNGHA Executive.

COVID-19 Oversight Group

WNGHA will appoint a COVID-19 Oversight Group to oversee the Return to Hockey implementation. The responsibilities of this group will include but are not limited to:

- Monitoring all updates from the public health authority, OWHA, and Hockey Canada
- Communication with local facilities (public & private) on guidelines and updates
- Ensuring teams are following the prevention guidelines set by Hockey Canada
- Ensuring COVID-19 cases are reported: Health authority, OWHA, MHA, league & facility.

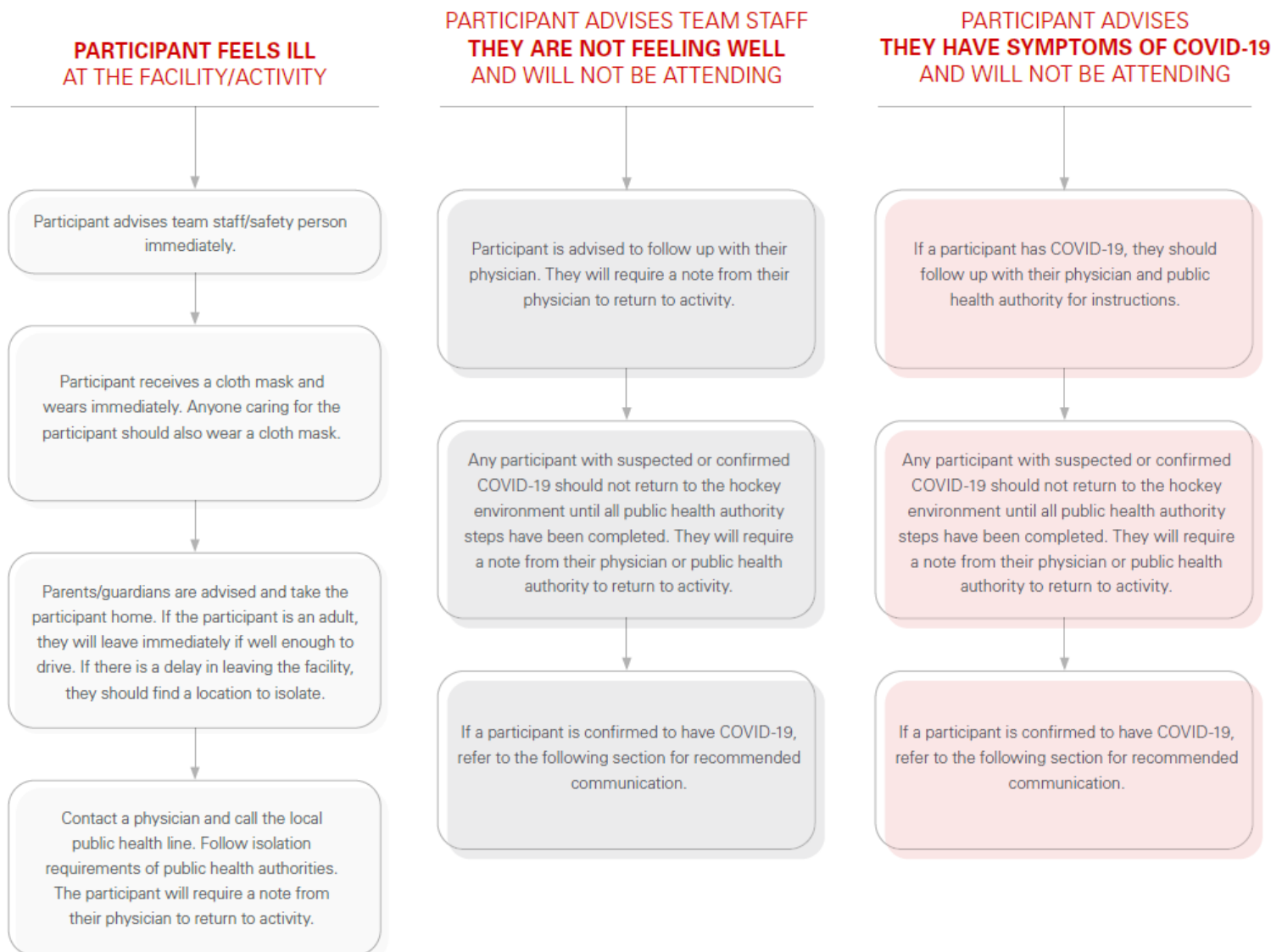
Health Screening of Individuals

- Screening by WNGHA is required by all participants, volunteers and spectators prior to attending any game, practice, meeting or other in-person team activity. Any individuals who fail the screening check will not be permitted to participate in any hockey activities (see COVID-19 Response Plan). Online screening will be available to assist with expediting the screening process. Online screening will be encouraged, but screening will be available in-person at the main entrance to the facility.
- Coaching staff will be required to keep an attendance tracker for all practices, games and in-person activities including all players, coaches, officials, parents and others in attendance, including name and contact information (email or phone).
- Teams are required to designate a staff member on each team who will be responsible for the management, record keeping, and reporting for the duration of the season.
- All attendance records must be forwarded to the WNGHA Secretary within 4 hours of the event. This must be recorded and kept so as to assist with contact tracing in the event of any positive COVID-19 cases within WNGHA or the facility being used.
- WNGHA will provide tracking/screening information to Public Health upon request.
- Any participant, volunteer or spectator diagnosed with COVID-19 must be cleared by appropriate medical authorities prior to attending any in-person hockey activity. Evidence of the clearance need to be provided to the WNGHA Executive.
- The WNGHA Executive will assign a COVID-19 Contact person who all communication will be streamed through.

COVID-19 Response Plan

An individual becomes unwell with symptoms of COVID-19

- If an individual becomes unwell with symptoms of COVID-19, that individual must immediately stop participation in hockey activities.
- The individual should be isolated from all others in a well-ventilated area, or outside and provided with a non-medical face mask if one is available
- The individual shall be sent home and instructed to follow public health guidelines regarding self-isolation and testing
- The facility should be informed in order to determine if any areas need to be closed off and/or require additional cleaning/disinfecting
- A member of the COVID-19 Oversight Group should be informed of the situation and should contact the individual or their parent/guardian to determine if next steps are being taken regarding testing
- The OWSA President and/or Director Operations should be informed of the situation as soon as possible



An individual is tested for COVID-19

- Any individual that is part of a hockey program that has been tested for COVID-19 must not participate in hockey activities while waiting for the results of the test and not until a negative test result is received
- WNGHA will consult the Session Participation tracking sheets to inform other participants who might have been in close contact with the individual
- Any WNGHA members who were in close contact with the individual should not participate in hockey activities and should follow public health guidelines until the diagnosis of COVID-19 is ruled out by health professionals

An individual tests positive for COVID-19

- If an individual tests positive for COVID-19, they should inform a member of the WNGHA COVID-19 Oversight Group
- The COVID-19 Oversight Group will work where requested with the facility and public health officials to assist in contact tracing. The Session Participation tracking sheets may be used to assist public health officials in informing other members who may have been in close contact with the individual
- Any WNGHA members who were in close contact with the individual should not participate in hockey activities for 14 days and should follow public health guidelines regarding self-isolation and testing
- It is recommended to also inform all members of a positive COVID-19 result within the hockey program setting
- WNGHA will inform and work with the facility in the case of a positive COVID-19 result and determine if any additional cleaning/disinfecting should be performed as per the facility's guidelines
- WNGHA will inform the OSHA of a positive COVID-19 diagnosis by emailing team@owha.on.ca

Return to hockey activities following illness

- If no test was performed, or the COVID-19 test was negative, the individual may only return to hockey activities once they no longer have any symptoms of COVID-19

Return to hockey activities following COVID-19

- Following a positive COVID-19 test, an individual must follow all public health guidelines regarding return to activities.

Modification/restriction/postponing or canceling of hockey development activities

- Based on the evolving COVID-19 pandemic, WNGHA must be prepared to follow public health, municipal/provincial government, and sport recommendations regarding modifying/restricting/postponing or canceling activities

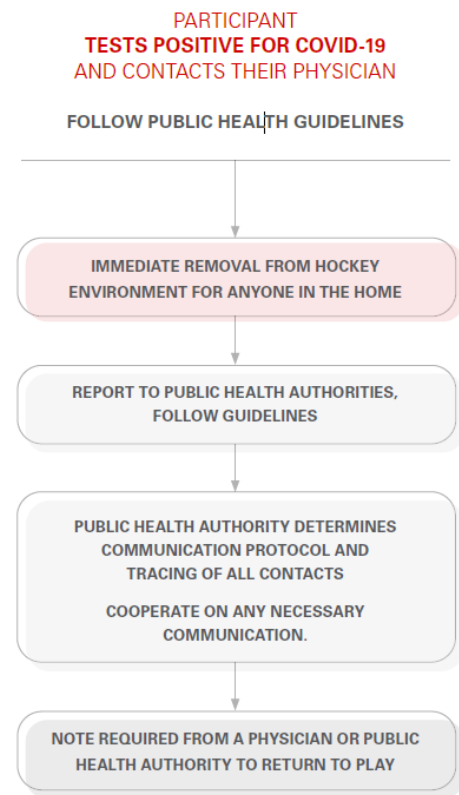


Figure 2 Hockey Canada Return to Hockey Safety Guidelines Section 9

Public Health Guidelines

WNGHA members should follow all public health guidelines regarding COVID-19. These may include:

- Any WNGHA members who themselves have travelled outside of Canada, or has someone in their household who has travelled outside Canada must self-isolate and not participate in club/skating school activities for 14 days
- Any individual who has been exposed to someone with a confirmed case of COVID-19 should self-isolate and is not permitted to participate in hockey activities for 14 days
- Any individual with symptoms of COVID-19 is not permitted to take part in hockey activities
- Any individual who has someone in their household showing symptoms of COVID-19, should not participate in hockey activities

Establishment of Hygiene Standards:

- Hands must be washed/sanitized upon entry to any facility
- All players are to bring their own, clearly labelled water bottle. Water bottles are to be washed by the players between each session.
- Coaching equipment will be sanitized by the team staff between sessions (eg. pylons, etc.)
- Showering within recreational facilities will not be permitted during Phase 1.
- All players and staff will wear a mask into the facility and keep it on until his/her helmet is put on. During the initial stages of returning to play, all players must come to the arena dressed (except for skates, gloves, and helmet). Following the practice, masks must be immediately put back on upon removal of their helmets. When not in use, personal masks will be kept in confined container/bag. The OSHA recommends coaches wear a non-medical mask while on the ice, but it is not mandatory.
- Participants will not spit, chew gum, share water/energy drink bottles, share food, shake hands, fist or chest bump, high five, hug, etc.
- Coaching staff will ensure nothing is left behind (ice or dressing room) following each session
- Players are not permitted to share personal equipment
- Players must not touch hockey pucks with their hands. The lead on-ice instructor is responsible for the management of hockey pucks in a manner that is in accordance with health guidelines. If pucks cannot be safely managed, they are not to be used.
- Coaches may have to help younger players tie their skates, do up helmets, etc. when parents are not permitted to accompany players. Coaches must sanitize immediately before and after helping each individual player. Masks must be worn at all times. Face shields, in addition to the masks, are recommended for coaches performing these duties.

WNGHA Return to Hockey Plan

The WNGHA 'Return to Hockey' plan will comply with the frameworks set out by the Ontario Women's Hockey Association (OWHA), and Hockey Canada. These frameworks will be reviewed and updated as new information becomes available.

Our plan to return recognizes that although hockey was shut down with everyone playing 5 on 5 traditional hockey, our return to traditional hockey will be by way of a planned phased in approach. The Ontario Women's Hockey Association has developed a phased approach to return with programming aligned to the Ontario Government - Framework for the Reopening of Ontario.

Phase 1 - Protect and Support



The OWHA's primary focus in Phase 1 is the reintroduction of the sport of hockey for the health and well-being of stakeholders in the game, their families, and the greater community following the cancellation of the 2019-2020 hockey season.

During this phase, the OWHA developed the standards of operations and certification protocols by individuals that provide hockey programming, as well as unique and innovative strategies to bring hockey into the lives of our stakeholders and participants, in a safe – distanced manner.

Phase 2 - Restart, Protect and Support



The OWHA will be implementing a careful, stage-by-stage approach to reintroducing hockey activities across our provincial jurisdictions. The safety of all participants and stakeholders will continue to be the priority, while balancing the needs of individuals within the game. This staged approach does not have a specific time frame, but will evolve further to guidelines of the public health authorities, the provincial government, and our governing body, Hockey Canada. At any point during the progression, we may need to pause or return to a previous stage in order to protect and support our participants and the public.

Phase 3 - Recover, Protect, and Support

Stage 1 - Registration Numbers

Implementation of a collective recruitment initiative in conjunction with the Ministry of Heritage, Sport, Tourism, Culture, and Industries, and Hockey Canada to bring participants back to hockey to pre-COVID-19 numbers for the 2021-2022 season.



Stage 2 - Internal Events

Planned approach to operating and hosting of tournaments across the OWHA with teams from Ontario.

Stage 3 - Integration Outside of the Province

Identifying National and International hosting opportunities for events and tournaments.

Facilities

WNGHA will work with all applicable facilities during our Return to Hockey planning. WNGHA will also collaborate with neighboring minor hockey associations when facilities are used by multiple Members. This section will include details of each facility that WNGHA will be using and will be updated as more facilities become open for use. These facility guidelines may need to be evaluated during each phase and updated.

Facility Name: Cobourg Community Centre (CCC)

Facility Guidelines

- No spectators will be permitted in the building during the initial stages of the CCC's re-opening.
- One spectator per skater will be permitted within the facility as of October 3, 2020
- No more than 25 skaters will be allowed on the ice at one time, including coaches. It will be limited to 20 in the initial stages of the CCC's re-opening.
- Participant numbers will not exceed the maximum number permitted by the Province of Ontario or the Town of Cobourg at any time.
- Any person who enters or uses the facility must maintain a physical distance of at least 2m from any other person who is using the facility.
- Masks are mandatory while within the Cobourg Community Centre at all times unless skating on the ice surfaces.
- Sanitizer will be available in the dressing rooms and bench areas.

Facility Entry

- Teams will meet in a pre-assigned "Staging Area" outside of the facility. One staging area will be located to the East of the CCC on the walkway between the soccer fields. The other will be to the West of the building. Both will be well marked for social distancing, signage, and other COVID-19 protocols.
- The coaches will conduct active screening with the team and staff in this area prior to entering the building.
- The team will enter and leave the building in single file fashion, remaining at least 2 m apart, with coaches at both the front and the end of the line.
- During inclement weather, an indoor staging area will be designated.

Traffic Flow

- Entry into the CCC will be based on the location of the rental (ex. Enter at the south entrance if renting the Bowl, north entrance if renting the Pond, etc.)
- Coaches will be notified in advance which entrance to use and are responsible to pass this information along to their players/families
- Teams may enter the facility 15 minutes prior to their scheduled ice time and must vacate the facility within 15 minutes of their ice session ending.
- The CCC staff will be conducting screening on anyone who enters the building. On-line pre-screening is recommended.
- Signage related to social distancing and occupancy limits will be posted in designated locations by the CCC
- The CCC staff will sanitize dressing room and bench areas between sessions.

- All WNGHA members and supporters must stay in their designated area within the facility at all times, from the time they enter the building until they exit.

Active Screening

MINOR SPORTS/DEVELOPMENT LEAGUES:

- All teams will gather together with coaches (outside if weather permits and inside in designated spots if inclement weather)
- Coaches will go through the screening process with the signage outside the doors and inside the door.
- Coaches will take attendance of all participants and provide it to the check-in desk when exiting the facility. All coaches must also keep cumulative records of team attendance for each session, for tracking purposes in case of an outbreak.
- This will be filed in the daily file.

SPECTATORS:

- All spectators will complete the following:
<https://townofcobourg.maxgalaxy.net/DayCampSelection.aspx?DayCampID=37>

Dressing Rooms

- Initially, players must arrive at the arena and leave the arena in their equipment. Dressing rooms, locker rooms, change rooms, showers and clubhouses in the facility shall remain closed except to the extent they provide access to a washroom or a portion of the facility that is used to provide first aid.
- Coaches shall be in the facility to assist with tying skates where required.
- Dressing room allocation will be given 2 days prior to the rental period. WNGHA will designate an executive member to oversee dressing room allocation. This executive member will be responsible for communicating this room to each team's coach prior to their rental time. The coach will, in turn, notify the team.

Spectator areas

- Non-participants will not be permitted in the building during the initial stages of the CCC's reopening. Pending approval, during Phase 2, up to 50 spectators will be allowed.

Showers and Washroom facilities

- Showering will not be permitted within the CCC
- Players are to use the designated dressing room as a washroom during the ice rental period
- Players must be accompanied by a coach when leaving the ice surface
- Coaches are responsible for basic sanitizing after each washroom use (ie. Sanitizing door and sink handles).
- There will be a designated washroom for spectators once allowed.

Ice Surfaces

- All ice use must be development based.
- Masks are not required while on the ice (i.e. Masks can come off once helmets go on)
- Social distancing must be followed while going on and off the ice surface. Players should line up while going on/off the ice with a coach at the front and back of the line. There should be a 3 second pause between each skater's entry onto the ice.
- Social distancing is not required while on the ice at this time. However, any contact is prohibited

- Initially, benches are not to be used
- Water bottles must be clearly labeled. The CCC will provide a designated location marked with signage for storage while on the ice.
- It will be the responsibility of the coach to ensure nothing is left behind once their ice session is complete.

Facility Name: Jack Burger Sports Complex (JBSC)

Please note that these recommendations are a guideline only and should not be considered an exhaustive list of the risks and precautions associated with the return to recreation at the Jack Burger Sports Complex. These recommendations are for information purposes only and do not constitute health or legal advice. At all times it is the players/coach/participant's responsibility to assess and manage the risk associated with the return to recreation. These guidelines do not replace or overrule any federal, provincial, municipal, or any other applicable public health laws or regulations. The Corporation of the Municipality of Port Hope shall not be responsible for any losses, claims or damages relating to COVID-19 arising upon the return to recreational activities at the Jack Burger Sports Complex or any other recreational facility.

Facility Guidelines

- The Arena facility will be closed to the public outside of rental or recreational skating scheduled times.
- Hand sanitizer will be installed at each entrance.
- There shall be no more than fifty (50) spectators inside the arena facility at any time.
- Directional signage will be installed throughout the facility to keep spectators 6 feet apart. Some seating areas will be blocked for no access due to cleaning needs.
- Accessible areas will be marked with "yield" signage as necessary to ensure physical distancing.
- Showers will not be available unless by special request or through approved COVID plans. Only specific showers will be available to allow for distancing. Be mindful of limiting skin contact in the dressing room.
- Players/Coaches/Participants should not congregate in dressing rooms, dressing room hallways, parking areas, or other public areas before or after hockey related activities.
- Current phase 3 regulations require all areas to be disinfected after each use. This will result in a 20-minute cleaning window required by staff after each group
- Sign off sheets will be completed for all dressing rooms, washrooms and lobby areas. Staff will be required to complete these sheets after disinfecting the area.
- User groups/leagues may be asked to submit a participant list to the Municipality prior to any rental.

Facility Entry

- All participants are encouraged to arrive at the facility dressed.
- All participants and spectators will enter the main entrance.
- WNGHA will be responsible for conducting passive screening of all participants and spectators prior to being allowed entry into the ice area.
- A WNGHA representative will be stationed within the arena lobby of JBSC and will meet participants and spectators as they arrive at the facility. This gate keeper will confirm that screening has been completed, take names and phone numbers to allow for contact tracing.
- Additional screening may take place prior to participants and spectators being granted access to the facility.
- WNGHA members will not be allowed into the facility until this registration table is operating.
- Participants will be asked to follow the directional signage to the change rooms and ice area.

Exiting the Facility

- Participants and spectators who are within the facility will not be permitted to exit through the main entrance.
- Participants and spectators will be required to leave using the fire exit doors on the South wall. Directional arrows will be posted. This is to avoid cross over of the public/rental groups

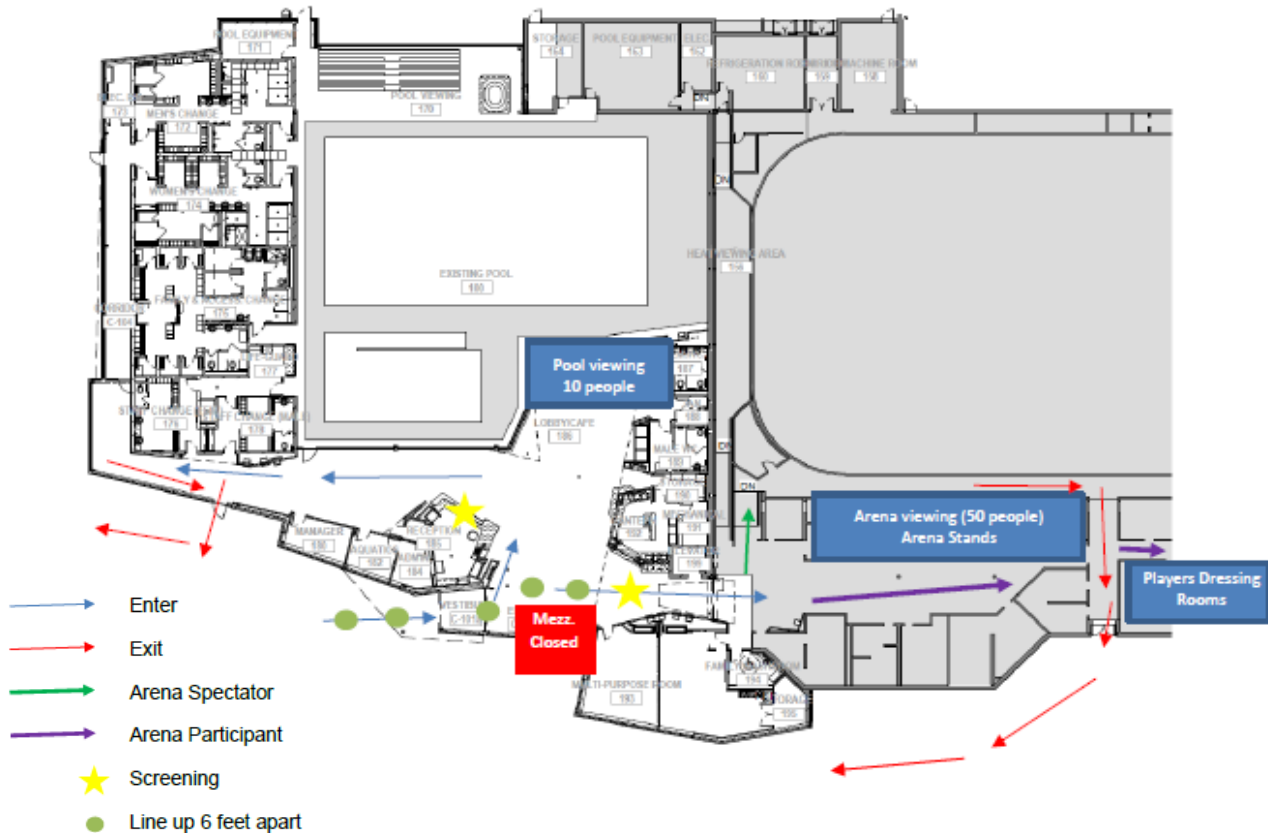


Figure 3 JBSC entry/exit

Active Screening

WNGHA will be responsible for ensuring that all participants;

1. Are not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headache, sore throat, or new loss of taste or smell.
2. Have not travelled outside of Canada in the last 14 days.
3. Have not been exposed to someone with a suspected and/or confirmed case of COVID-19.
4. Have not been diagnosed with COVID-19 and not yet cleared as non-contagious by local public health authorities.
5. Following recommended health guidelines as much as possible to limit exposure to COVID-19.

Dressing Rooms

- There is limited space and time available within change rooms. To allow for physical distancing, change rooms will only accommodate a maximum of 9 participants at any one time.
- Standard rentals will be provided 2 change rooms and or benches, per rental. Benches may also be available
- Staff will direct each rental for change locations.

- Benches will be marked to show proper seating arrangements.
- Players are to stay in seated their rooms until ice is ready and they will proceed onto the ice through the designated ice entry point in a physical distanced format.
- Players who just exited the ice surface have 10 minutes to change and exit the facility through the identified exit.
- No player is allowed to exit the dressing room until the other players have fully entered the ice surface.
- At this time there will be no keys provided for locking change rooms. If a group would like a room locked, they will need to contact the facility staff.
- It will be the responsibility of WNGHA to monitor physical distancing and direct people to the appropriate locations.
- WNGHA will be responsible for contacting facility staff to lock the doors.
- Washrooms will be available in the dressing rooms and the main arena lobby with specific stalls open for distancing.

NOTE: This plan is subject to change at any time as required by the Province, Municipality of Port Hope or the HKPRDHU

Facility Name: Baltimore Recreation Centre



The Corporation of the Township of Hamilton
Department of Parks and Recreation
8285 Majestic Hills Drive
P.O. Box 1060, Cobourg, ON K9A 4W5
www.hamiltontownship.ca

Baltimore Recreation Centre

Reopening Plan

Phase 2 Stage 3 – Sept 21, 2020

General

All the requirements in place for Recreational activities to resume within the Baltimore Recreation Centre are as directed by the Province of Ontario's Regulation 364/20 and approved by Haliburton, Kawartha Pine Ridge District Health Unit and Council. In addition, it pertains to the maximum number of people permitted with indoor gatherings, physical distancing and other protective rules that must be observed by all users and their participants.

The Baltimore Recreation Centre will remain closed to the public, except during a scheduled rental. Only the user groups and their participants will be permitted access during that time.

All sport organizations and users of the Baltimore Recreation Centre must provide the Township of Hamilton, Parks & Facilities department with:

- A copy of their Return to Play Guidelines from their Provincial Sport Organization and/or National Sport Organization, and any additional Return to Play plans developed by your Sport Organization
- Amateur sports, organizations and leagues that are not associated with a Provincial or National Sport Organization, must develop their own Return to Play Plan. It must include how they will address Covid19 issues and coincide with the Baltimore Recreation Reopen Plan.
- The Township of Hamilton, Parks & Facilities department will provide all users with the 'NEW' Covid-19 Waiver and users must sign and return the waiver prior to their rental.

Self Screening Before Entering

Before entering the facility, all users must complete a self assessment (<https://covid-19.ontario.ca/self-assessment/>).

Any user experiencing fever, dry cough or tiredness will not be permitted to enter the facility. Signage will be provided at each entrance to remind staff and users of these precautions.

Sign-in Documentation

All users are to provide an attendance sheet outlining the event, date, time and the list of participants attending that event. These sheets are to be completed by each user and submitted to the Facility Attendants at the end of the event. If required, blank sheets can be requested from the facility staff.

Hand Sanitizer / Hygiene Standards

Encourage good handwashing techniques. Established sanitation stations with alcohol-based hand sanitizers at entrances/exits to Municipal facilities.

Avoid touching your eyes, nose, and mouth with your hands.

Sneeze and/or cough in a tissue or the internal crease of the elbow. Avoid contact of hands with personal respiratory points

Staff will be provided disinfectant, wipes and sprays and be advised to disinfect door handles, counter tops, sinks, toilets washroom stall walls etc. after each use and including any other spaces that come into frequent contact several times per day.

All washrooms, change rooms, lobbies and the kitchen will have a cleaning checklist posted at the entrance. The checklist will include the date, time and staff signoff each time the area has been cleaned and disinfected.

Facial Coverings

Facial coverings are mandatory for all users and staff of the facility while the facility is open. Facial coverings maybe removed while participating in a sport or activity on the ice surface or the indoor turf.

Restriction on Users

The Baltimore Recreation Centre is a Multi-plex facility made up of 3 different components which includes the Lions ice pad, the Sabic indoor turf and the Banquet hall. Each component of this facility will be managed separately, and users are to remain in each section of the facility and not be permitted to leave one area and enter another area.

Physical Distancing

A separation of 2- Metres must always be maintained through out the facility. Change rooms and waiting areas will be clearly marked to demonstrate the proper 2-metre separation within those specific areas.

Traffic Flow

Doorways and hallways will be clearly marked with entrance/exit signs. Pinch points, where one-way traffic is not possible it will be marked with a "yield/one at a time" sign to prevent congestion in these areas. Floors markings will be provided to assist with travel routes throughout the facilities. Where

possible, doorways will remain open to assist visually with oncoming traffic and help reduce congestion at these pinch points.

The Lions arena will be accessed and exited by the facility's main doors (the automatic, sliding doors on the north side of the facility).

The Sabic turf will be accessed by the facility's main doors (the automatic, sliding doors on the north side of the facility). The Sabic users will exit the facility through the North Fire Exit of the turf area.

The Banquet hall will be accessed through the North Banquet Hall entrance and exit through the West Banquet Hall doors, as marked.

When going onto the Ice surface, users in dressing room 1&2 will enter and exit the ice at the South/East door beside the Zamboni door (#1). Dressing rooms 3&4 will enter and exit the ice by the Centre door (#2). Dressing rooms 5&6 will enter and exit the ice by the North/East door (#3). Each door will be clearly numbered.

When going onto the Turf, users will enter at the South/West door and exit the North/West door before returning to the parking lot from the North exit door of the facility. Please look for the signs.

Facility Capacity

Each component of the multi use facility (ice, turf, hall and arena stands) will be limited to fifty people at a time while maintaining social distancing throughout the facility.

The warm room viewing area will be closed during this phase.

Only scheduled users and their participants will be permitted in the facility. There will be no access for the public or spectators, except for one parent or guardian per a youth 12 and under.

User Timelines

Users are not permitted to enter the facility until 15 minutes prior to their rental, and they must exit the facility 15 minutes after their rental.

Users are encouraged to arrive at the facility dressed to help manage the flow and limits in the dressing rooms.

Any participant that arrives after their scheduled start time will not be permitted into the facility.

Example:

- 6pm start time
- Arrive 5:45pm
- Enter Ice surface or Turf at 6:00pm
- Exit Ice surface or Turf at 6:50pm
- Exit Facility by 7:15pm

Available Amenities

During this phase, washrooms for the Lions Ice surface will be available in your assigned dressing room. The Banquet Hall will use the main lobby washrooms, accessing them from the hall only. Washrooms for Sabic turf rentals can be found on the Sabic side. Accessible washrooms are available through the facility staff.

The following amenities will not be available:

- Canteen
- Vending machines
- Water Fountain
- Water bottle fill station
- Showers
- Kitchen

Changerooms

Change rooms will be unlocked 15 minutes prior to rental and participants must vacate changerroom 15 minutes after their rental. Change rooms will be cleaned and disinfected after each use and change room doors will remain locked when not in use. Facemasks are required in the dressing rooms. Social distancing guidelines are in effect.

Customer Service Area

Customer service requests are to be submitted in writing ahead of time and an appointment date and time will be confirmed. Please arrive at your scheduled appointment time to ensure adequate time between customers. The customer service area is located to the right of the main doors and is equipped with a glass barrier. A floor decal will show you where to stand to ensure social distancing is maintained during your appointment.

Cleaning Checklists

All changerrooms, washrooms and common areas will be posted with a cleaning checklist that will be signed off by the arena attendant at the time of cleaning.

After each rental changerrooms, washrooms, benches and touchpoints will be disinfected and signed off by the arena attendant.

Staff Personal Protective Equipment (PPE)

Staff will be provided with adequate PPE including disposable gloves, masks, and safety glasses. Staff will be required to wear the required PPE during cleaning and handling of trash. PPE will be compatible with the disinfectant being used. Additional PPE will be available including face masks, gowns and goggles based on products being used and weather there is a risk of splash back. All PPE should be removed carefully to avoid any contamination to the wearer and the surrounding area. Be sure to wash hands after the removal of PPE.