



3C'S ARENA RE-OPENING GUIDELINES

General Guidelines

- If you are showing symptoms of COVID-19 or generally feeling unwell, please stay home, complete the online self-assessment, and get tested if necessary.
- If you have travelled outside of Canada in the past 14 days stay at home.
- If you have had close contact with someone who has tested positive or is suspected of having COVID-19 stay at home.

How We Are Keeping You Safe

- Making sure our facilities align with Alberta Health Services Guidelines
- Cleaning and disinfecting high touch surfaces more frequently
- Providing hand sanitizer throughout the facility
- Having staff maintain physical distancing
- Cleaning and disinfecting coach equipment (pylons, etc.) between uses
- The COVID-19 checklist will be sent to all participants prior to commencing any activity at the arena (on-ice sessions, hockey schools, evaluations, practices, games) for players to complete before entering the arena.

What You Are Required to Do to Stay Safe

- All players are to bring hand sanitizer with them to the arena for all activities
- Players are to bring full, water bottle with their name clearly labeled on the bottle with them to all activities
- Players/coaches are PROHIBITED from spitting or clearing nasal passages in the arena or on the ice surface. If it is necessary to clear nasal passages, it is to be done with a tissue that is to be disposed of in a garbage can immediately after use. Players/coaches not following this rule will be subject to the 3C's disciplinary policy and team fines.
- All teams must keep a list of participants for each team activity (practice, games, etc.) for contact tracing.

Dressing Room Use

- Players are to arrive no more than 30 minutes before their ice time and must leave the arena within 30 minutes of leaving the ice surface. If players are staying for subsequent games, they must remove their gear from the arena before entering as a spectator.
- Dressing rooms are to be limited to 2-3 coaches/parents to help with gear and tying skates and must wear a mask while in the dressing room.
- Players will be cohorting. Dressing rooms are considered part of the field of play; therefore, masking is not mandatory for players.

Arena Specific Measures

- Maximum of 100 spectators are allowed in the arena at any given time. Spectators **MUST** socially distance while in the arena. Wearing a mask is recommended when not able to social distance. There is **NO** loitering in the lobby; spectators are to use the washroom facilities and purchase food at the concession then return to their seats. **Opposing teams can bring no more than 2 spectators per player.**
- Fountains will not be available
- Showers will be available. Players are to spray down the shower stall after each use with the cleaner provided at each arena.
- As per AHS guidelines, all tables and chairs have been removed from the arena.
- Once games can be played, ice times will be spaced out to accommodate extra cleaning measures in the arena.

Ice Surface Measures

- No more than 50 people on the ice at one time, including coaches, etc.
- No handshakes, high fives, etc.
- Off Ice Officials (scorekeepers, etc.) must wear a mask when in the scorekeepers/penalty box unless they are able to social distance by 2 metres.

Rapid Response Plan

If a player, coach, or manager becomes ill while at the arena, the following procedure will be followed:

- While preparing to immediately leave the facility or event, symptomatic individuals should perform proper hand hygiene, put on a non-medical face mask, and maintain at least 2 metres distance from all others.
- The individual should arrange, with assistance from team officials or the facility as necessary, for immediate transportation to their home/residence to begin isolation.
- Once a sick individual has left the facility or event, facility staff should clean and disinfect all surfaces and areas with which the individual may have come into contact.

Provided this guidance is being followed, there is no need to cancel an activity, or postpone the undertaking of a cohort group, if an individual becomes sick. Team officials should immediately consider and record the names of all participants in which the sick individual has been in contact. This information may be necessary to assist public health officials if the sick individual later tests positive for COVID-19.