



ARENA PATH FORWARD – STEP 1

MRC

Contents

Multi Rec Centre –User Groups	1
Path Forward – Step 1.....	1
Facility Protocols for Patrons	1
Activity Restrictions and Occupancy Limits	1
One on One Training.....	1
Masking Requirements	2
Entering and Exiting the Facility.....	2
Ice Entry/Exit.....	2
Additional Facility Rules.....	3
Concession	3
Protocols for Staff	3
First Aid/Outbreak	4
First Aid	4
Outbreak/Case Reported	4
Cancellation of Booked Times.....	4
Safety Guidelines	4
Designated Covid Safety Coordinator.....	5
Compliance	5
Action Items	6

Multi Rec Centre –User Groups

Path Forward – Step 1

All restrictions and guidelines will adhere to the Government of Alberta and Alberta Health Services recommendations. They will supersede any company, association or individual policies or restrictions.

We look forward to welcoming our user groups back in a safe manner. The following restrictions are in place to ensure safety of our users and our staff.

Facility Protocols for Patrons

Activity Restrictions and Occupancy Limits

As per the Step 1 of the Government of Alberta's A Path Forward the following mandatory restrictions are in place as part Children's Sports and Performance Activities Guidance

- All participants must be 18 years and younger excluding coaches or trainers
- Lessons, practices and physical conditioning activities for indoor minor sport/activities
- Games are not allowed
- Maximum 10 individuals, including all coaches, trainers and participants
 - A playing surface (eg arena, field house) may be occupied by more than one youth group as long as 3-meters of physical distancing can be maintained between groups of 10 and the groups don't intermingle
- 3 meters of physical distance must be maintained at all times for indoor activities
- Coaches or trainers may enter physical distancing space for brief interactions with participants (eg. To correct form or technique)

One on One Training

One on one or one on one household training is permitted for indoor fitness activities. The following safety requirements must be followed

- Sessions have to be scheduled or by appointment. No drop-ins or groups allowed. Proof of trainer/coaching credentials must be presented before a time is scheduled.
- Individual workouts without a trainer are not allowed
- 3 meters of distance must be maintained between pairs of trainers and clients
- Trainers must be professional, certified and/or paid trainers who are providing active instruction
- Trainers must remain masked during the session. Clients are not required to wear masks while doing high intensity training
- We will allow up to 3 pairs on a playing surface at a time. The following must be followed
 - Each trainer and client pair must stay 3 meters away from all other trainers and clients at all times including in entryways and exits
 - Each trainer can only interact with their assigned client, and each client can only interact with their assigned trainer
 - No interaction between pairs is allowed

- No “cycling through” multiple trainers as in circuit training

Masking Requirements

All persons in the Multi Rec Centre are required to wear masks. Masks must be worn in hallways, common areas, bathrooms etc. While participating in activities the following is required

- Masks are required to be worn through all common areas and can only be removed by players once on the activity field of play. Once players have finished their activity masks must be worn while exiting the field of play
- Coaches and trainers must wear masks at all times

Entering and Exiting the Facility

- Masks are required in all common areas
- Groups are to arrive at their predetermined entry time, no more than 15 minutes before the start of their booking. At the completion of their booking they are to change and leave immediately, staying no longer than 10 minutes after their booking
- Doors will be locked outside of the predetermined entry times
- As cohorting no longer applies to bookings, Contact Tracing is not required. However it is strongly recommended that attendance be taken
- Up to 2 chaperones can be assigned to each booking. These individuals are responsible for checking in participants and doing Covid screening, assisting with skate/shoe tying, goalie pads, helping with bathroom breaks and any personal safety roles each organization may require etc
- No spectators are allowed
- Physical distancing must be maintained at all times
- Participants should arrive as fully dressed as possible. We highly recommend all participants purchase skate guards for on-ice activities. Dressing rooms are not available
- Participants are to proceed directly to the designated skate tying/shoe tying area. Space is limited, participants are strongly discouraged from bringing equipment bags and personal belongings
- Goalies will be asked to dress as much as possible prior to arriving. Given the unique nature of their pads, designated goalie areas will be created for goalies to change into their pads. These are specific for goalies and no other athletes will be permitted in this area at any time. One person (coach/chaperone) may be allowed to assist the goalie if required. This assistance must come from a coach or chaperone. No additional public members (eg. parents) will be allowed to access the facility.
- Upon completion of use of the skate/shoe tying area participants are asked to sanitize their chair and area
- Loitering to socialize within the facility is not permitted even within your allotted arrival/exit time

Ice Entry/Exit

- Gates that are to be used for ice entry/exit will be marked
- Do not stop within the ice entry/exit to talk
- Players benches are considered parts of the “field of play” and can be utilized by participants. Please note these areas may not be sanitized in between bookings

- Exit off the ice in the same fashion as entry; proceed back to the skate tying area to take off skates and exit immediately within 10 minutes to allow for the next group to come in

Additional Facility Rules

- No spectators allowed
- No spitting anywhere in the facility or on the ice/field of play – if caught you will be asked to leave the facility immediately. Due to the high risk of Covid this rule will be strictly enforced
- Due to the high risk of spread, yelling, singing and cheering is strongly discouraged
- If you need to sneeze, cough or blow your nose please do so in a safe and sanitary manner (eg. Cough or sneeze into your elbow or shoulder, ensure you are using a tissue to blow your nose and that it is disposed of properly. Hands should be washed immediately after sneezing, coughing or blowing your nose)
- Water bottles should be labelled and are not to be shared
- Dryland training will not be permitted anywhere inside the arena facility
- Chaperones are to remain in the designated “Chaperone Area” in order to ensure that other areas of the facility remain sanitized
- Activity times end at the end of the designated booking time, this means all equipment must be picked up off of the playing surface by the designated time (eg. Your booking ends at 6:00pm, you must have all pucks, pylons and dividers off by 6:00pm, not starting to pick up equipment at 6:00pm)

Concession

Our concession operator is open for curbside pick-up or delivery only. Please ensure that participants are aware that they cannot loiter in the concession area. If participants would like to purchase food after practice the procedures set out by our concession operator must be followed (eg. Phone in your order, wait in the parking lot until your order is ready). If Chaperones would like to purchase a coffee or snack while waiting this is permissible, however we ask that they order and then return to their designated waiting area.

Protocols for Staff

The safety and health of our staff is a top priority for the Town of Slave Lake. Please keep the following in mind while using the facility

- Staff are required to follow the Health and Safety guidelines set out by the Town of Slave Lake, Occupational Health and Safety, Alberta Health and the Government of Alberta. Please understand that some requests may not be possible at the time you ask. If you need further assistance please contact the Community Relations Manager
- Customer Service hours have been reduced at the Multi Rec Centre. Please check the Town of Slave Lake website and Facebook page for the most up to date information.
- Please respect staff and maintain a physical distance when protective measures (plexiglass) are not in place
- Staff have been asked to enforce the guidelines in this document, please respect their guidance. If you have further questions please contact the Community Relations Manager

First Aid/Outbreak

First Aid

Responding to first aid situations will still be required by user groups' first aid attendant. In an emergency situation a staff member may assist the user groups first aid attendant.

Outbreak/Case Reported

If a case/outbreak is reported in your organization the following measures should take place

- Contact the Community Relations Manager to inform them of when the last time the individual(s) were in the building and what areas were used
- A deep cleaning of the facility may need to take place, the Town of Slave Lake will communicate any scheduling concerns with the organization

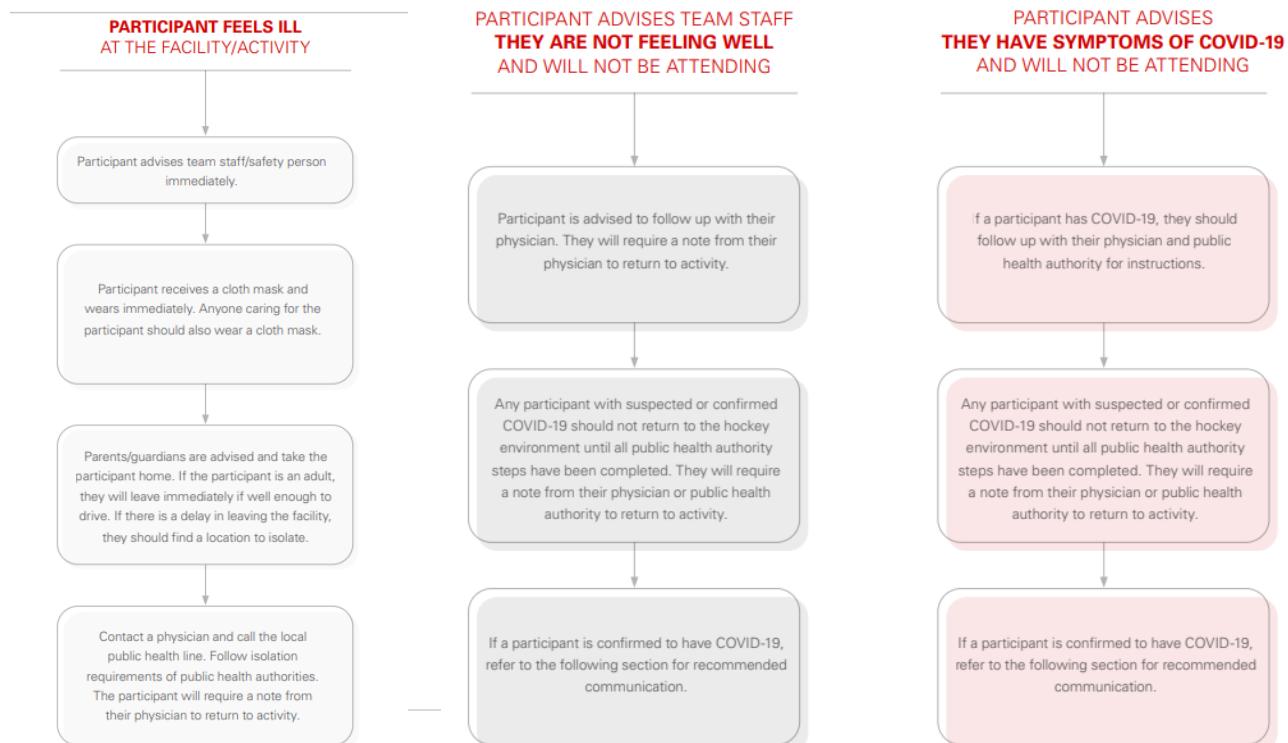
Cancellation of Booked Times

In the event that the Government of Alberta changes the current restrictions and we are no longer able to operate in our current capacity organizations will not be charged for booked times. However in the following events, organizations will be required to pay for booked times

- Lack of participants because of Covid or other reasons
- Non-compliance (see Compliance Matrix)
- Organizations choice to cancel

Safety Guidelines

The MRC has designated change room 8 as an isolation room in the event an individual identifies any symptoms while in the facility. The change room will remain locked but will be available to be unlocked by the front desk or any operations staff member.



Each association will develop their own rapid response plan or utilize the Rapid Response Plan indicated below. Each Association will advise the MRC of their rapid response plan. Each Association is required to keep masks, sanitizer, gloves and relevant first aid equipment on hand for their volunteers and their athletes in the event of a symptomatic situation.

Designated Covid Safety Coordinator

A Designated Covid Safety Coordinator to be identified by each Association and that person will be responsible for ensuring their organization compliance with all restrictions and will be the central point of contact between the Town of Slave Lake and their Association on all issues relating to this document and Covid.

This person will be responsible for implementing protocols and procedures within their own Association to ensure communication, education and compliance at all levels.

For larger Associations we would encourage each team or level to have a designated Covid Safety Coordinator that reports to a Central Covid Safety Coordinator.

Compliance

Given the high risk manner of Covid and the potential for AHS and the Alberta Government to shut the entire facility down in the event our users are not following protocols, we are implementing a compliance matrix. Associations, groups or users claiming ignorance of expectations will not be a permitted excuse to avoid an offense consequence.

In the event that user groups (including off ice members eg. Chaperones, board members) are not following the restrictions outlined in this document:

First Offense	Verbal and written warning	
Second Offense	Next practice or ice time will be lost. If specific to a team, it will be that team's next ice time. For example: if the offence occurs during the Atom B team ice time, it will be the Atom B's next practice that will be cancelled.	User group will be charged for that ice time
Third Offence	The user group or team (if specific to an individual team) will lose their ice times until they provide a written plan outlining how they plan to follow restrictions moving forward.	User group will be charged for loss of ice times.
Fourth Offence	The user group will not be permitted to use the facility for the remainder of the season.	User group will be charged for loss of ice times.

Action Items

Name of Association: _____

Contact Person: _____

Contact Phone Number: _____

Contact Email: _____

- Identify the Covid Safety Coordinator for your Association
- Develop a plan to communicate the above items to your membership
- Identify if your rapid response plan has changed from earlier in the season

Please ensure the following items are completed prior to your first booked time. Once complete, please sign the form and return to jillian@slavelake.ca

We have read the MRC Path Forward – Step 1, we agree that we will adhere to the above rules and restrictions

Signature: _____ **Date:** _____

Name: _____

Role in Organization: _____