



COVID-19 – Re-opening Documentation

Athletics & Hockey

Participant Protocols

Before

1. Any participant displaying any COVID-19 symptoms (as outlined by public health at the time), or those who have returned from travel to another region (where the activity is not yet permitted)/province/country within the last 14 days, may not enter a Sensplex facility
 - ➔ Participants will be screened upon entry (self-assessment or by a facility staff member)
 - ➔ Participants who have been diagnosed with COVID-19 will require a doctor's note prior to being permitted inside a Sensplex facility.
 - ➔ Information regarding an individual's health should never be disclosed beyond only those staff or volunteers who need to know. The name(s) of any person(s) diagnosed with COVID-19 should NEVER be disclosed.
 - ➔ If a participant is experiencing symptoms or feeling unwell, they should not attend a scheduled activity. Instead, please contact your club/association/development provider to discuss options to attend a replacement activity when safe to do so.
 - ➔ Participants with seasonal allergies or other underlying conditions (e.g. Asthma) which may cause some symptoms consistent with COVID-19 to be displayed (e.g. cough, runny nose, etc.) should notify program staff in advance and follow safety protocols (cough into arm, not hands). Where possible, user groups should ask for this information at time of registration.
2. There will be a single dedicated entrance and separate exit for all participants (consult pre-activity information provided by the user group)
3. Facility access will be restricted to 10-15 minutes prior to scheduled start time. Do not attempt to enter the facility early. Access will be denied. Late arrival may mean delays as facility staff ensure safe traffic flow during set times before and after each session.
4. Everyone who enters the Sensplex for any reason, must wear a mask. Participants may remove their mask immediately prior to leaving their dressing room before starting their activity. The only exception to this rule is for patrons under the age of 2.
5. Participants are asked to ensure they have used washrooms at home, as access to washrooms before, during, or after an activity will be highly restricted.
6. Water bottles must be filled at home. Sinks and washrooms in dressing rooms may not be available.
7. Every participant and parent is asked to sanitize their hands prior to entering the facility and are encouraged to carry their own hand sanitizer when inside the facility to reapply as needed.
8. If a participant is accompanied by a parent/guardian, they must both enter together.
9. Participants arrive fully dressed for their activity/ies, other than:
 - a. Skates/Gloves/Helmet as required (Hockey / Lacrosse)
 - b. Indoor shoes (Field sports)



- c. A small duffle bag or other, only large enough to contain gear not yet worn (e.g. no full-size hockey bags are permitted).
10. There will be a sanitized area provided for each participant. One parent/guardian MAY accompany only those participants who REQUIRE assistance getting ready. In this case, parents must be confined to the same dedicated space as their participant. (this may or may not be inside a dressing room)
➔ Players will be permitted to leave their outdoor footwear at their designated area provided during an activity.
11. Participants must adhere to physical distancing requirements at all times (maintaining a 6 foot or 2-meter distance between themselves and another person).
12. User group or program staff/volunteer will come and get players and any parents when they are permitted to leave their staging area to come onto the playing surface.
13. Warm-ups will not be permitted inside the facility (stickhandling, running, jogging, or any physical exertion of any kind). Should participants require a warm-up before their activity, they must do so in advance of entering while adhering to physical distancing requirements.
14. Players are not permitted to share gear with others unless they are from the same household (e.g. another player forgets a glove, jersey, etc.)
15. Participants must adhere to any additional safety guidelines issued by their sport-specific governing body, or club/association.
16. Participants and for minors, the parent/guardian who will be attending with them, will be required to complete an acknowledgement of facility/program rules and a waiver in order to participate.
17. Program staff or user group lead will retrieve participants and guide them into activity.

During

1. A maximum number of participants (including coaches) will be enforced at all times.
 - a. Ice / Field: maximum number of 10 people are permitted on the playing surface at a time, which will allow for physical distancing (this number will be expanded per public health guidance when possible)
 - b. For programs involving minors, a minimum of one capable adult supervisor/coach must be included in numbers above, and on the playing surface at all times.
 - c. An activity roster must be provided to facility management in advance of each session.
 - d. Should a maximum of two additional coaches/volunteers wish to attend a session, they must follow spectator protocols and physically distance in viewing areas (benches may not be used). They must also be included in pre-activity roster provided to facility management.
2. Physical distancing must be adhered to at all times during activity.
 - a. All activities must be designed to ensure physical distancing (maintaining a 6 foot or 2-meter distance between each participant).



- b. For skill development sessions, participants must stage themselves before and between each repetition in the fashion indicated by program staff (ice-markings, cones, etc.)
 - c. There is a zero tolerance policy for violation of physical distancing requirements. Any participant who fails to adhere to physical distancing requirements will be required to immediately leave their activity (no refunds for programs).
 - d. For minors, a parent/guardian or staff member acting as such (e.g. camp counselor) must be available at all times who is able to receive them at the conclusion of the session or if the participant must leave for any reason during the session.
3. Any player who becomes ill or exhibits possible COVID-19 symptoms during an activity, must immediately stop, leave the playing surface, and wear a mask until they are able to leave the facility (as soon as possible). Coaches/adult supervisors must report this as an incident to facility management and their club/association, along with any action taken.
4. No spitting (including rinsing mouth with water) or blowing nose without a tissue or paper towel. Participants who violate this will be immediately required to leave their activity (no refunds for programs). A full sanitization of the area will occur if any of the above happens.
5. Participant water bottles must be clearly labelled with names and left in the spot indicated by program staff.
6. Full equipment must be worn at all times (including player gloves).
7. Participants must not touch equipment other than that which is permitted by activity staff. Where required, pucks, cones, and other gear should be moved using sticks or a gloved hand.
8. Equipment which is intentionally in contact with a participant during training (e.g. bat, bungee waist bands, etc), must be sanitized prior to being used by another participant.

After

1. Coaches will indicate session end times to all participants. At the end of each session:
 - a. Participants must STOP and maintain their distance from all others
 - b. Participants will be directed when and where to exit the playing surface and must return to collect outdoor footwear and change (e.g. remove skates and helmet, indoor shoes, etc.).
 - c. Participants and parent/guardians must maintain physical distancing at all times (maintaining a 6 foot or 2-meter distance between themselves and another person) and immediately leave the facility through dedicated exit (within 5 minutes). Participants may not remain in facility as spectators or to converse with other facility patrons.
 - d. A parent who has a child in a subsequent ice session, must exit and re-enter to follow all pre-activity protocols for each.
2. Water bottles must be washed/sanitized after every use.
3. It is highly recommended that players will wash outer gear (jerseys, socks, gloves) using hot water and soap following each use. It is also highly



- recommended that sticks/bats, helmets, and any other personal items which have been used, be sanitized using a method appropriate for the items.
4. Participants should put their mask back on, prior to exiting their dressing room, and subsequently, the building.