

# COVID-19 RETURN TO PLAY PROTOCOLS

## - SENSPLEX -

*Please direct all participants/coaches/trainers, etc. to the Sensplex COVID-19 webpage ([click here](#)). This webpage indicates what amenities are available or not available, outlines the expectations of all patrons (coaches, players & parents), and highlights protocols and procedures. Here are a few important points from our COVID-19 webpage, that we want to highlight as we continue to put our guests and staff health & safety first:*

- 1) **All** coaches and players will be required to fill out an online screening questionnaire ([click here](#)) the day of the rental before they enter the building. It **CAN'T** be done the day before. This includes groups that have their own screening questionnaire as well. **Nobody** is excluded.
  - a. Do you currently have any COVID-10 related symptoms? (fever, chills, cough, difficulty breathing, sore throat, runny nose, loss of taste/smell, diarrhea, nausea, vomiting, abdominal pain, or nasal congestion.
  - b. In the last 14 days, have you had a close physical contact with a person who was confirmed or probable case of COVID-19?
  - c. In the last 14 days, have you traveled outside of Canada or have been in close physical contact with a person who has returned from travel outside of Canada?
  - d. In the last 14 days, have you attended an event or gathering (including sports tournament) other than those which are permitted under Ontario's current re-opening phase? If yes, you must refrain from participating in any activity at a Sensplex facility until 14 days have passed symptom-free.
  
- 2) **Modified** games/shinny/pick-up/scrimmages are permitted for private groups (does not include HEO/OWHA). Sensplex encourages groups to adopt some modified rules that make sense for their group (not necessarily any of the ones below), to help minimize risk. Below are samples of modified rules.
  - a. **NO** battles anywhere in the ice, especially in front of the net and in corners
  - b. **NO** crashing the net
  - c. **NO** more than 1 person going to the corners
  - d. **NO** faceoffs
  - e. Keep at **least** a stick lengths from other players.
  - f. **NO** intentional and/or prolonged contact
  
- 3) **Modified** games/scrimmages are permitted by the provincial gov't for youth sports (ie youth hockey & ringette associations), but verify with your sanctioning body (ie HEO, OWHA, Eastern Region Ringette) to ensure they are permitting it in your region.
  
- 4) **No** more than 25 people associated with each rental are permitted on the ice or bench area. That includes participants/coaches/trainers and managers.
  - a. For private groups (ie non-HEO, OWHA & Ringette Ontario), a minimum of 2 coaches on the ice, if more than 9 participants.
  
- 5) Each group is permitted to get dressed/undressed in the dressing rooms; however, should take into consideration the make-up of their group (e.g. age, gender) before deciding if group wishes to have participants arrive to the Facility in full equipment or not.
  - g. With a **limited** number of people permitted in each dressing room due to physical distancing, some participants will be required to get dressed/undressed outside the room

on chairs, so plan accordingly to guarantee that participants are **NOT** inappropriately undressed in the hallway.

- h. If a participant (ie young child) requires help getting dressed into their equipment, they are **required** to enter the Facility **fully dressed** (minus skates, helmet & gloves).
  - i. **NO** showering
- 6) **Coaches will be required to sit in chairs outside their rooms if dressing rooms are full.**
- a. If their group has rented back to back hours, coaches will need to **move** to the chairs that are associated with the rooms their participants are in.
- 7) **Spectators are not permitted in the facility, but every participant under the age of 18 can be accompanied by one (1) parent/guardian. That parent/guardian must be the one listed in the filled out online screening questionnaire.**
- j. The parent(s)/guardian(s) **must** go directly to the spectator area and ensure they are physically distanced from the other parent(s)/guardian(s) (**NO HUDDLING**).
  - k. If a participant does not need help getting dressed, then parent(s)/guardian(s) are expected **not** to enter facility until just before ice time begins.
  - l. If participant does not need help getting undressed, then parent(s)/guardian(s) are expected to leave **right after** the ice time is completed.
- 8) **No admittance to the facility until 20min before the scheduled ice time.**
- 9) **Groups must vacate the facility within 15min of getting off the ice.**
- 10) **Organizers must keep a record of their roster for each date and time in case Ottawa Public Health requires that info for tracing a COVID threat.**
- 11) **A mask must always be worn by participant/coaches/spectators when they are entering/exiting their activity.**
- a. Players & coaches may remove their masks just before their ice time when they put their helmet on.
    - i. Please note that this rule **does not supersede** groups that require their coaches to wear masks on the ice.
  - b. if the ice time is a game, the coaches/team officials **must** wear their mask on the bench.
- 12) **Ensure the participants are spacing themselves out on the ice, especially when in the corners waiting for the next drill, etc.**
- 13) **If you have anything to give to your players, please do so outside the building.**
- 14) **Make sure** participants/coaches are physically distancing (6ft/2 meters) themselves on the ice, especially when in the corners waiting for the next drill, etc.
- 15) **The Sensplex Return to Play protocols** must always be followed. Failure to comply will result in immediate removal from the facility, non-refundable ice cancellation and review of future bookings.
- 16) **All individuals must** comply with call current OPH recommendations and directives related to COVID-19. Please visit [ottawapublichealth.ca](https://ottawapublichealth.ca) to learn more.

If you have any questions, regarding the Sensplex protocols, please don't hesitate to contact us at (613) 599-0229 or [rentals@sensplex.ca](mailto:rentals@sensplex.ca).

Sincerely,

Sensplex Management

