



# NWMHA Covid Guidelines for Practices



## A. Safety First

### 1. YOU MAY **NOT** PARTICIPATE OR ENTER THE ARENA

- When you have recently travelled outside of the country within the last 14 days of arrival **and** have not cleared the required 14 days of self-quarantine;
- When you have experienced any COVID-19 or flu-like symptom(s) within the last 24 hours; or
- When you have been in close contact with someone who has Covid19 or is suspected to have Covid19, within the last 14 days without the required medical PPE.
- When you have not completed the COVID-19 Screening Questionnaire

### 2. ARENA ENTRY LIMITS are restricted to the following:

- Up to 19 rostered players (17 skaters and 2 goalies)
- Up to a maximum of 4 coaches
- Up to 1 team Manager and 1 HCSP (or 2 HCSP)
- For U6-U9 - 1 parent per player will be allowed.
- For U11 - 1 Parent may enter to assist with skates or a goalie dressing/undressing.
- **For Morning Practices Only** - A sibling of a team volunteer may attend provided they abide by the following:
  - They complete and pass the daily screening
  - They wear a mask and maintain physical distance while inside the facility
  - They are under the direct supervision of an adult that is sitting off the ice
  - They remain seated, socially distanced in the assigned seats in the arena (with the exception of using the bathroom)
- **DRESSING ROOM LIMITS**
  - QPA - 9 People total per room
  - MPA - 6 People total per room

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## B. Before Arriving at the Arena

### 1. Screen your child for COVID-19 symptoms **before leaving for the Arena.**

- If you/your child has symptoms, follow-up with your physician or public health authority (Call 8-1-1) and follow their directions.

## 2. Complete NWMHA Daily COVID-19 Screening Protocol

- Must be completed before entry into the Arena by EACH Player, and all scheduled team officials (Coaches, Team Manager, and safety people)
- The link to the daily screening form should be sent out by your team manager the night before.
- Entrance into the Arena and participation at the practice will be denied if the Covid Questionnaire has not been completed and submitted.

## 3. Players must:

- Be fully dressed upon entry into the Arena. Skates are suggested (with skate guards).
- Bring their own pre filled water bottle, clearly labelled with their name; and
- Adhere to appropriate hygiene and hand washing protocols prior to playing and going on the ice.

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## **C. Upon Arrival at the Arena – Please arrive no more than 15 minutes** before your ice time. Do not congregate outside the Arenas. **If you are early, wait in your car.**

1. Everyone entering the arena should wear a mask. Players may remove their mask at the time that they put their helmet on.

2. Players will be able to enter the Arena 10 minutes prior to their ice time and must:

- a. Be fully dressed except skates for players U15 and below;
- b. Be as dressed as possible for GOALIES and U18 and above (they only have 10 minutes to get geared up);
- c. Hockey Bags are allowed for Players if needed (DO NOT BRING ANY VALUABLES INTO THE ARENA) and Goalies may bring their equipment bag in;
- d. If skates are worn into the Arena, skate guards must be worn;
- e. When you are waiting outside the Arena two (2) metre physical distancing must be maintained.

3. Everyone entering the arena must be checked in by their team manager, HCSP or designate.

4. Enter the Arena through the front doors:

- a. Sanitize (or wash) your hands upon entry; and
- b. Look for directional signage telling you where to go:
  - Queens Park Arena will have an assigned side of the Arena; or
  - Moody Park Arena will direct you to the dressing rooms or the lobby;
- c. It is suggested to get ready beside the rink using the assigned seating, but dressing rooms may be used if necessary.

- d. Team managers, HCSP (if not on the bench), and any parents (siblings in the morning only) will sit in the designated areas on the marked spaces socially distanced from each other on the designated side of use.

## 5. Parents role:

- a. One (1) parent may accompany the Player for U9 and below. They should wear a mask and must sit in the designated areas on the marked spaces socially distanced from each other on the designated side of use.
- b. One (1) parent may accompany the Player for U11 to help tie their skates or assist with goalie gear in the designated area of the Arena; The parent should wear a mask and will leave the Arena as soon as the skates are tied; and
- c. No parents will be allowed to enter the Arena or accompany the player for ages U13 and above.

## 6. There is absolutely no off-ice warm up, running, stretching, in or around the Arena.

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## **D. On the ice/during the ice time**

1. Only rostered Players, coaches, HCSP, team managers and parents in U6-U9 should be in attendance for the duration of the ice time; Everyone must stay on the designated side of the arena for the duration of the ice time.
  2. The music system and scorekeeping box is closed during practices.
  3. Two (2) metre physical distancing must be followed at all times as per Fraser Health Authority, excluding the players on the field of play; or a mask must be worn.
  4. No spitting or spitting water on the player's bench or ice surface. If this happens you will be asked to leave the ice surface and Arena;
  5. Anyone who is off the ice must stay in the marked seating area in the designated spots marked "SIT HERE" with the exception of using the washroom.
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## **E. Leaving the Arena**

1. Players must leave within 10 minutes of their ice time ending;
2. QPA - Exit via the side doors near the dressing rooms maintaining physical distancing at all times after leaving the ice surface.  
MPA - Exit through the exit door in the lobby.
3. Gathering in the parking lots outside of the Arenas is prohibited.

## **F. Cleaning Protocols**

1. All high frequency touchpoints will be cleaned every 2 hours by Arena staff.
2. Dressing rooms, seating areas, players benches, penalty boxes and the scorekeeping box will be cleaned after every game.

We are all doing our best to ensure a safe return to hockey for players, parents, volunteers, and arena employees. Thank you for your cooperation 😊