



NWMHA Covid Guidelines for Rep A Tryouts ONLY



A. Safety First

1. **YOU MAY NOT PARTICIPATE OR ENTER THE ARENA, if:**
 - i. you have recently travelled outside of the country and have not cleared the required 14 days of self-quarantine;
 - ii. you are experiencing any COVID-19 or flu-like symptom; or
 - iii. you have had any contact with someone who has COVID-19-like symptoms.

B. Before Arriving at the Arena

1. Daily Covid Questionnaire:
 - a. Must be completed before or entry into the Arena by **EACH** Player, Parent, Coach, Division Manager, and Rep A tryout designated HCSP on the Rep A tryout list;
 - b. Covid Questionnaires will be emailed out to all participants the night before; and
 - c. Entrance into the Arena and participation at Rep A tryouts will be denied if the Covid Questionnaire has not been completed and submitted.
2. Players must:
 - a. Bring their own water bottle and clearly label with their name; and
 - b. Adhere to appropriate hygiene and hand washing protocols prior to playing and going on the ice.
3. Coaches, Division Managers and Rep A tryout designated HCSP must:
 - a. Be on the Rep A tryout list; and
 - b. Adhere to appropriate hygiene and hand washing protocols prior to going on the ice.
4. Players are to be fully dressed upon entry into the Arena. Skates are optional (with skate guards) or can be tied by the player or parent in the designated area in the Arena.

C. Upon Arrival at the Arena

1. Players will enter the Arena 10 minutes prior to their ice time and must:
 - a. Be fully dressed except skates (for Players), or goalie leg pads and skates (for Goalies);
 - b. Bags for Players are prohibited in the Arena; however, Goalies may bring their equipment bag in;
 - c. If skates are worn into the Arena, skate guards must be worn;
 - d. Wait in your vehicle; and
 - e. If you are waiting outside the Arena two (2) metre physical distancing must be maintained.



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2. Enter the Arena through the front doors:
 - a. Sanitize your hands upon entry; and
 - b. Look for directional signage telling you where to go:
 - i. Queens Park Arena will have an assigned side of the Arena;
 - c. There is absolutely no off-ice warm up, running, stretching, in the Arena.
3. Division Managers will be the first to enter the Arena and will be responsible for verifying that Covid Questionnaires have been completed before players can proceed to designated area of the Arena to tie their skates.
4. Parents role:
 - a. One (1) parent may accompany the Player for ages U11 and below to help tie their skates in designated area of the Arena;
 - b. The parent should wear a mask and 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.

D. On the ice/during the ice time

1. Only Rep A tryout Players, Rep A designated coaches (scheduled per Division), and Rep A tryout designated HCSP should be in attendance for the duration of the ice time;
2. The Division Manager and Rep A tryout designated HCSP should both be in attendance to ensure that the 2 deep method is observed for any participant leaving the ice and/or needing assistance;
3. External certified evaluators, NWMHA President, Coaching Coordinator, Risk Management delegate, and the respective Division Manager will be permitted during tryouts evaluation process;
4. Two (2) metre physical distancing must be followed at all times as per Fraser Health Authority including the players on the field of play (on the ice surface);
5. 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;
6. Up to a maximum of three (3) people may be on the player's bench during the evaluation process; and
7. Two (2) Rep A tryout designated on-ice coaches will be scheduled by the Division Manager.



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E. Leaving the Arena

1. Players must leave fully geared except for skates (or with skates and skate guards) within 10 minutes of their ice time ending;
2. Where to exit - Queens Park Arena – through the side doors by the dressing rooms; and
3. Gathering in the parking lots outside of the Arenas is prohibited.

F. Cleaning Protocols

1. All high frequency touchpoints will be cleaned regularly by Arena staff.

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 😊