



City of Lethbridge Arena Guidelines  
Feb. 8, 2021 to Feb. 28, 2021

***These guidelines will remain in place while Step 1 restrictions released by the Provincial authorities in January of 2021 or until further changes are announced.***

#### **Arena Usage:**

- At this time only ATB Centre and ENMAX Centre facilities will be open for bookings. All other arena facilities will remain closed. Further adjustments will be made should requests change or provincial guidelines are altered. There will be no public programming available.

#### **Before you arrive:**

- ***Please plan ahead, read all information and inform all users of the expectations. Do not come to the arena if you feel ill or have any of the symptoms for COVID-19.***
- **MASKS:** As per City and Provincial mandates, face coverings in City facilities for all visitors and staff is mandatory. This means everyone above the age of two must wear a face covering while not participating directly in high intensity on ice activities. Trainers must wear a mask at all times including on the ice surface. On ice athletic participants must wear face coverings until such time as a helmet is donned for access to the ice area. For user groups that do not wear helmets, participants must wear their mask until they access the ice surface. Those not wearing a mask will be asked to leave the facility immediately.
- **In advance of any approved bookings, groups must edit previously submitted plans to the City of Lethbridge Recreation and Culture department and/or ENMAX Centre for policies and procedures regarding new requirements for the current Step 1 situation. This must include all previously included COVID safety information with the addition of new sections to address 1:1 training safety for both the coach and the athlete. In addition, please include anticipated numbers for participants on the ice for sessions, and a plan of how to maintain a minimum of 3 metres distancing between all participants at all times.**
- Groups are requested to implement active screening of attendees by using the tools provided in the Provincial Guidelines document or your governing body's policies.
- Inform your participants of the facility rules. Any breach of the rules will be dealt with quickly and seriously.
  - Due to the nature of the Step 1 timeframe and the specific nature of the guidelines provided by the provincial authorities, any breach in provincial guidelines or venue specific instructions will result in immediate expulsion from the facility with cancellation of remaining bookings without refund.
  - On ice infractions of COVID rules will result in the immediate removal of the individual in violation with any further breaches resulting in cancellation of remaining bookings without refund.

#### **When you arrive:**

- As a participant for on ice activity, do not enter the building earlier than 15 minutes before your scheduled ice time. If you arrive early please wait in your vehicle until the appropriate time.
- Sanitizing hands upon arrival is strongly encouraged. Sanitizer stations will be available at entry.
- **At this time spectators are not allowed in the facility under any circumstances. Parents/ Guardians may not accompany their athlete into the building at drop off or pickup. Assisting an athlete in the change room is not permitted except by the individuals 1 on 1 coach.**
- Read and follow all posted signage.
- Each booking will be assigned to a dressing rooms that will be available to them for a maximum of 15 minutes before and 15 minutes after each booking. Shower facilities will NOT be available.



- Participants are encouraged to arrive ice ready and reduce the time in the change room as much as possible.
- Lobby washrooms will NOT be available.
- Bags or personal belongings may be left in the dressing room area.

#### **On the ice:**

- Only one-on-one sessions are allowed during Step 1
- The recommended number of 1:1 sessions occurring concurrently on the ice is 3 however, consideration will be provided for additional pairings provided submitted plans include how safety measures will be followed.
- One-on-one sessions cannot interact with others and there must be a minimum of 3 metres distance between pairs of trainers and clients (aka sessions) in the same facility.
- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.
- Reminder: Trainers must remain masked during the entire session including on the ice surface.
- Wherever possible, maintain 3 metres physical distance between trainers and participants at all times.
- More than one trainer and client 'pair' are allowed into the facility with restrictions:
  - Each trainer and client pair must stay 3 metres 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 clients or between trainers allowed.
  - No 'cycling through' multiple trainers as in circuit training.
- Water bottles must be for individual use only. Participants may bring their own or they may be supplied for participants by the trainer but sharing of water bottles is not allowed. Spraying of water bottles in any manner that causes airborne particles is to be strictly discouraged. This includes spraying into mouths, faces or other body areas as well as onto the ice, bench or other facility spaces.
- Spitting in all forms is prohibited at all times, especially now due to Covid-19.
- Should any participant begin to display symptoms of COVID-19, please remove them from the ice surface and isolate them immediately. Call facility staff and follow your protocol for rapid response to symptomatic individuals.

#### **As you leave:**

- Exit the ice surface and take any belongings that may be in the bench area as you go.
- Participants/ trainers will head directly to the change room area.
- Participants will don their face mask immediately upon re-entering the change room.
- Participants/ trainers must clear the change room area a maximum of 15 minutes after their on ice time.
- Shower facilities will be NOT be available.
- When ready to leave walk directly to the exit using posted facility signage.
- Gatherings in the lobby will not be permitted.
- Trainers to ensure participants are picked up and not left outside unsupervised.

***Please note that this document is subject to change at any time. Changes will be communicated to all groups as quickly as possible.***