

# COVID-19 Health and Safety – Carstairs Memorial Arena (Oct 6 update)

## Stay home and away from others

- If you're [showing symptoms](#) or feeling unwell
- If you have travelled outside of Canada in the past 14 days
- If you are a close contact of someone who has tested positive or are waiting for test results for COVID-19

## How we're keeping you safe

- Making sure our facilities align with [provincial guidelines for Stage 2 reopening](#)
- Cleaning and disinfecting high touch areas (e.g. doors, counters, railings)
- Providing access to hand sanitizer and hand wash stations
- Having staff maintain physical distancing and wearing masks during the busy times

## How you and your group can keep safe

### Permit holders/organizers

- Make sure all participants understand the COVID-19 guidelines
- Follow your provincial and national sport governing bodies' guidelines related to COVID-19
- Limit the number of contacts between different participants by playing within set cohorts (e.g. mini-leagues or bubbles with a fixed number of participants)
- Tell participants they must bring their own water
- Collect participant contact information to support contact tracing if necessary
- Follow guidelines for [indoor and outdoor gatherings](#)
- Help coaches and instructors reinforce messages about physical distancing (2 metres or 6 feet apart if possible) and limiting physical contact; no close contact huddles, no handshakes or high fives
- Manage your teams to spend as little time as possible in the facilities (including change rooms)
- Frequently clean and disinfect any equipment handled by hand (e.g. hockey sticks, pucks, balls)
- Keep game sheets or logs of your team and the visiting team for quick Covid tracing.
- Touch minimal surfaces as possible
- Use proper entrances and exits
- Please inform **ALL** parents that due to Covid-19, they must keep their kids with them at all times unless the kids are on the ice. The kids are not allowed to run around the arena, at this time.

- All kids under 12, **Must** have a guardian with them to be in the arena, unless the kids are on the ice.

## Participants and spectators

- Maintain physical distancing and wear masks when in the arena. Masks should not be worn when conducting intense physical activities.
- Wash your hands with soap and water before, during and after your activity
- Avoid touching your eyes, nose, mouth and face
- Cover coughs and sneezes in a tissue or your elbow
- Social distance on the player benches.
- Carry and use your own hand sanitizer
- **No spitting on the ice or anywhere in the arena.**
- Players should come dressed in gear as much as possible
- Bring and clean your own equipment. Avoid sharing equipment unless you are in the same household or cohort. Do not share water bottles and towels.
- Arrive no more than 15 minutes before your booking time
- Don't gather or loiter in dressing rooms, parking areas or public areas before, during or after your activity
- Practice physical distancing in spectator areas; spectator stands will not be disinfected and cleaned in between bookings
- Spectators should stay away from dressing rooms and play surfaces unless required to support players; physical distancing guidelines should still be followed
- Leave the location as soon as your activities end to reduce overlap of bookings
- **Touch minimal surfaces as possible**

## Arena specific measures

- **Masks are mandatory for all arena patrons, groups, organizations, spectators, fitness, dance and staff, in the arena**
- CrossFit, dance and fitness patrons **must** wear masks while in the common areas of the arena. Masks can be removed once you are in the room for your activity.
- Masks **must** be worn in all dressing rooms, unless a cohort has been formed. If a cohort has been formed, then masks **must** be worn in the dressing rooms by any person not a part of that cohort
- Water fountains and vending machines are not available
- Faucets in change rooms should only be used for washing hands
- Spectator stands will not be disinfected and cleaned in between bookings
- Change rooms are open with physical distancing measures in place; players should come dressed in gear as much as possible: Carstairs Memorial Arena dressing rooms are able to safely hold 12 players per dressing room.
- **Shower facilities are not available**; players are expected to shower at home

- User groups are expected to maintain cohort groups in dressing rooms (don't use dressing rooms with people outside of your cohort groups)
- **No Spitting on Ice or Anywhere in the Carstairs Memorial Arena**

Thank you for your continued cooperation,

