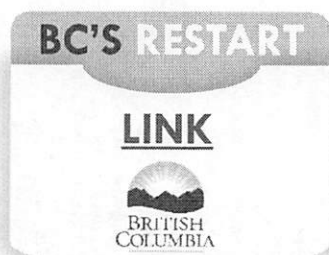


# BC RETURN to HOCKEY

Safety guidelines are now available via the links below from the Government of British Columbia, viaSport (on behalf of the BC Sport Sector) and Hockey Canada. These resources are meant to provide an introduction on how to prepare your Minor Hockey Association or League for a safe return to hockey.

The Safety Protocols produced by Hockey Canada are this first of many resources to be released, with additional guidelines in the following areas of focus: *Customer Engagement, Regulations, Officiating, Coaching, Seasonal Structure, Delivery Model, Registration, Events, High Performance Hockey, National Teams and Marketing & Communications.*

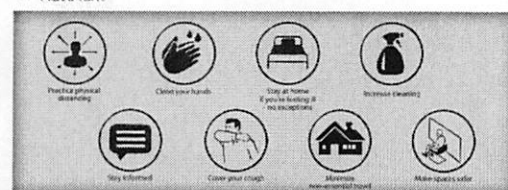
Next step(s) for BC Hockey members should be focused upon reviewing and applying these resources to their own association or league return to hockey plan that best prepares their particular participants and complies to expectations.



	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to 31st	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening closed</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-Contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc.)</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

## Checklist to Success

- ☒ **Review & Follow**
  - Provincial/territorial health authority guidelines
  - Local health authority guidelines
  - Hockey Canada Member guidelines
- ☒ **Plan**
  - Assign someone to monitor updates
  - Meet with your facility
  - Team staff clarifies responsibilities specific to practices
  - Arrival at facility organized to meet guidelines
  - Hygiene requirements
  - Physical distancing in the facility
  - Guidelines around dressing rooms and showers
  - Physical distancing during on-ice sessions
  - Requirements for parents/guardians at the facility
  - Departure from facility organized to meet guidelines
  - Procedure if participant is sick
- ☒ **Meet with Parents/Guardians/Participants**
  - Overview of what to expect
  - Safety steps put in place
  - Their role in creating a safe and healthy environment
- ☒ **At the Facility**
  - Practice physical distancing
  - Practice responsible hygiene
  - Follow public health authority guidelines
  - Follow Member and facility guidelines
  - Have fun!



Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> <li>Frequent handwashing</li> <li>Cough into your sleeve</li> <li>Wear a non-medical mask</li> <li>No handshaking</li> </ul>	<ul style="list-style-type: none"> <li>Routine daily screening</li> <li>Anyone with any symptoms must stay away from others</li> <li>Returning travellers must self-isolate</li> </ul>	<ul style="list-style-type: none"> <li>More frequent cleaning</li> <li>Enhance surface sanitation in high touch areas</li> <li>Touch-less technology</li> </ul>	<ul style="list-style-type: none"> <li>Meet with small numbers of people</li> <li>Maintain distance between you and people</li> <li>Size of room: the bigger the better</li> <li>Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>Spacing within rooms or in transit</li> <li>Room design</li> <li>Plexiglass barriers</li> <li>Movement of people within spaces</li> </ul>

# Arena - Ice Hockey

## COVID-19 Guidelines for Use

**The health and safety of our public and staff is a top priority. It is everyone's responsibility to help prevent the potential spread of COVID-19.**

**The following protocols will support our efforts to maintain a safe environment in the Arena.**

- If you are sick or have any symptoms of COVID-19, please do not enter the facility. If you have symptoms, please call 8-1-1 or use the BCCDC self-assessment tool.
- No drop-ins will be available at this time, all access to the arena must be pre-registered online or by phone with our Reception team at 250-595-7946.
- Please practice physical distancing when attending all Oak Bay Parks, Recreation and Culture programs. Remain 2 metres apart at all times.
- Please enter the arena by the exterior arena doors and follow the foot traffic signage posted.
- Only arrive during the permitted 15 minute entry time prior to the ice session you are attending.
- Please enter alone unless a single parent or guardian is absolutely necessary.
- Please arrive dressed in full equipment/on ice gear, minus skates, and limit what you bring with you.
- Skaters will remove shoes and put on skates in the marked areas and take shoes and limited personal items to the storage area by the on-ice gates.
- Skate and helmet rentals are not available at this time.
- If skaters have a parent or guardian with them, the parent or guardian will keep the skater's shoes and belongings with them.
- Skaters will enter the ice by the on-ice gates and spectators will proceed to the spectator area by following the foot traffic signage posted.
- Hockey dressing rooms and showers will not be available.
- Skaters must have their own clearly marked water bottle.
- Skaters must stand and participate 6 feet apart from all other participants when on ice, during all drills and activities.
- Absolutely no game play, scrimmages or contact drills.
- Absolutely no spitting!
- Washrooms will be available with restricted capacity.
- Wash your hands or clean them with hand sanitizer upon arrival and before you leave the facility. Hand sanitizers available in common areas.
- All common touch surfaces will be cleaned and sanitized regularly. Cleaning times have been built into the ice schedule between users.
- Skaters will exit the ice via the signage posted. Collect their shoes and limited personal items by the off-ice gates and put on their shoes in the marked areas.
- Parent or guardians will follow the foot traffic directions post session, to meet up with their child in the exit area to bring them their shoes and belongings.
- Please exit during the permitted 15 minute exit time after the ice session you are attending.

**Rules are subject to change and will be updated as needed. Those disregarding rules may be asked to leave the facility.**

Oak Bay Parks, Recreation and Culture follows the direction of the public health authorities. Contact the Arena Coordinator if any issues arise: 250-370-7113

For updates on COVID-19 visit [www.oakbay.ca/covid-19](http://www.oakbay.ca/covid-19)

#### HENDERSON RECREATION CENTRE

2291 Cedar Hill X Road | 250-370-7200

#### MONTEREY RECREATION CENTRE

1442 Monterey Avenue | 250-370-7300

#### OAK BAY RECREATION CENTRE

1975 Bee Street | 250-595-7946 | [recreation.oakbay.ca](http://recreation.oakbay.ca)  

#### WINDSOR PAVILION

2451 Windsor Road

#### NEIGHBOURHOOD LEARNING CENTRE

2121 Cadboro Bay Road

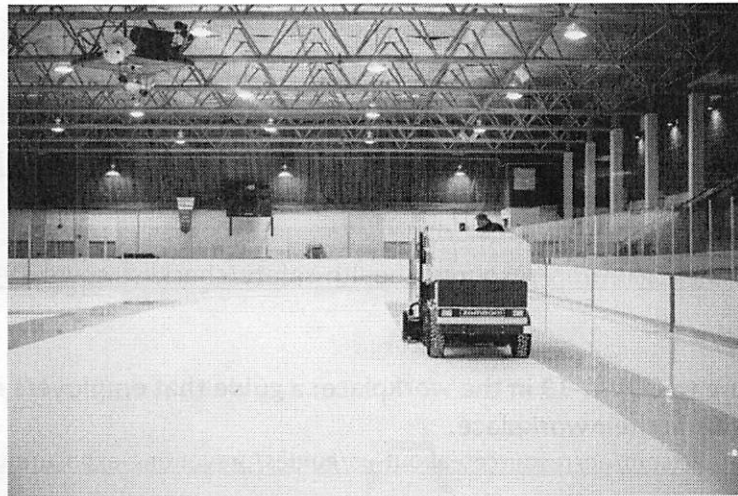


# Oak Bay Parks, Recreation and Culture

## COVID-19 ICE ARENA

### SAFETY PLAN & GUIDELINE FOR RESTARTING OPERATIONS

Updated June 16<sup>th</sup> , 2020





## Introduction

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This Safety Plan and Guideline for restarting operations was created to inform patrons and arena user groups about the policies and procedures in place to prevent the transmission of COVID-19 and maintain a safe and healthy environment for all participants, and staff during the COVID-19 pandemic.

Amateur and Private Rental groups that utilize the Ice Arena are a large portion of the arena's total usage. This Guideline includes the approved Return to Sport (RTS), Sport Specific Plans for every Local Sport Organization (LSO) participating at Recreation Oak Bay's Arena. These Safety Plans have been adapted from their Provincial Sport Organizations (PSO) and ViaSport's RTS. It is up to the municipality to communicate and ensure that the sport-specific plan and municipality protocols match, as it is outlined in this guide. The connection between Return to Sport and Municipal Facilities is crucial!

It is understood all LSO's individual participant agreement, includes direction that participants will abide by Recreation Oak Bay's Safety Plan, when entering Recreation Oak Bay's facilities under the COVID-19 Response plan and RTP Protocol.

## Resources

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The following resources are available to inform participants of programs and rentals in the arena about guidelines and necessary protocols in place from the Province of British Columbia:

**BC COVID-19 Self-Assessment Tool:**

<https://bc.thrive.health/covid19/en>

**BC Cleaning and Disinfectant for Public Settings:**

[http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting\\_PublicSettings.pdf](http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf)

**Work Safe BC COVID-19 Safety Plan**

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

**Preventing exposure to COVID-19 in the workplace: a guide that employers may use to assess the risks and controls in their workplace.**

<https://www.worksafebc.com/en/resources/about-us/guides/preventing-exposure-to-covid-19-in-the-workplace?lang=en>

**ViaSport BC – Return to Sport Guidelines**

<https://www.viasport.ca/sport-specific-guidelines>

**The Recreation and Parks Sector Guideline for Restarting Operations**

<https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>

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## TABLE OF CONTENTS

- 1 | Introduction
- 2 | Recreation Oak Bay's Ice Arena Facility Safety Plan
- 3 | Patron Safety Guidelines and Logistics & Arena Rental Groups
- 4 | Recreation Oak Bay's ARENA traffic flow
- 5 | Local Sport Organization (LSO) and Provincial Sport Organization (PSO), requirements for participation at Recreation Oak Bay.
  - BC HOCKEY - Admirals Minor Hockey & CRFMHA & VRC
  - SKATE BC – Oak Bay Figure Skating Club
- 6 | Private Sport Rentals
- 7 | Recreation Oak Bay's Ice Arena in house Program specific safety plans and guidelines
  - Learn to Skate Lesson and Private Skating Lessons
  - Registered Open Skating Sessions
  - Registered Stick and Puck
- 8 | Recreation Oak Bay's Ice Arena Contract Program specific safety planes and guidelines
  - Power Unlimited – Power skating Contractor
  - Inner Power Skating – Hockey Skating and Skills Contractor
- 9 | Cleaning and Disinfecting
- 10 | Staff Safety
- 11 | COVID-19 Illness Protocols
- 12 | Conclusion

## Recreation Oak Bay's Ice Arena Facility Safety Plan

Prior to developing this plan, a risk assessment was reviewed on all arena programs and sessions. Risk mitigation strategies were developed under the following 6 categories to assist in ensuring a safe re-opening

**June 22** – Arena will reopen for only the Oak Bay Figure Skate Club rentals

**June 29** – Arena will reopen for skate programs and rental/user groups. The following programs and activities will be offered through the Arena:

- Pre-registered open skating sessions
- Small group learn to skate programs and private lessons
- Power skating and other skill development sessions
- Pre-registered “stick and puck,” hockey skill development sessions
- Minor sport rental and user group sessions

### 1| Protocol and Guidelines for Social/Physical Distancing

- A five square metre unencumbered floor space will be possible in all scheduled activities
- Capacity and occupancy adjustments
  - Hockey Dressing rooms will closed
  - Single entrance and exit doors to the arena with set traffic flow procedure in place.
  - One way foot traffic through arena lobby, spectator area and on and off ice direction enforced with floor and wall signage.
- Program adaptations
  - Ratios of registered program participants to staff – 1 staff – 10 skaters MAX
  - 20 participants to an open unstructured session or minor sport/private rental
  - Adjusting staff roles to monitoring and educate patrons on new normal and cleaning duties.
  - Approved Activities for on ice programs and sessions – Skill based. No game play!

### 2| Engineering Controls

- Fixed glass window in arena cash room and Plexiglas shield for skate shop counter
- Fixed and temporary markings on the ice showing 6 feet spacing

### 3| Administrative controls

- Facility Access – Ice programmed with 15 minute exit time, 15 minute disinfecting/cleaning time, 15 minute entry time
- Previous drop in sessions, changed to registered sessions. To control the number of participants coming to the facility at any one time
- 1 parent/guardian per child that is not able to be unassisted and no siblings, if possible.

#### 4| Cleaning and Disinfection

- General cleaning and disinfecting of the arena lobby and spectator area will occur during the 15 minute time slots built into arena schedule between every user group. During this time frequently touched surfaces such as door handles, light switches, counters, chairs, and equipment will be cleaned and sanitized.
- Arena lobby and arena program equipment will be cleaned and disinfected in accordance with the BC Centre for Disease Control *Cleaning and Disinfecting Guidelines*.
- Toys for recreation learn to skate programs such as stuffed animals, beanbags and sponges, that cannot easily be cleaned will be removed from these programs.
- Garbage cans, and recycling bins, will be cleaned daily.
- Staff will wear disposable gloves when attending to a first aid and cleaning up bodily fluids such as bloody nose, cut or injury.

#### 5| PPE and Return to work Safety Plan

- Staff Covid 19 Illness protocols *See Appendix A*
- Providing employee training for COVID-19 protocols, measures, and prevention policies
- Providing non-medical PPE for employees to be used as established in facility policies
- Providing the ability for frequent handwashing or sanitizing
- Direct physical contact between staff and participants will be not be permitted
- Shared staff helmets and jackets will not be permitted. Staff will be assigned their own helmet and jacket to keep in their own possession
- Providing self-isolation containment area for employees and patrons showing symptoms of illness while waiting for transportation to a medical centre or home. *See Appendix A*

#### 6| Education and Awareness

- Communication Campaign to all regular users informing patrons on the new normal polies when access the Recreation Oak Bay Arena
- Internal and external signage and communications on COVID-19 protocols related to the arena will be posted.



## PATRON SAFETY GUIDELINES AND LOGISTICS

- All access to the arena will be done on reservation/pre-registration system accessible by phone or online only to minimize contact with employees at the Reception desks.
- Patron screening will occur prior to entry into the facility space. Patrons are to be asked to remain home or leave the facility if they answer positively to questions regarding the presence of symptoms related to COVID-19, exposure to others with symptoms or having traveled in the last 14 days.
- Signage will be posted at the entrance to all facility and program spaces regarding COVID-19 safety precautions.
- Participants in any program or activity must adhere to physical distancing requirements.
- Maximum ice occupancy to ensure physical distancing requirements will be 20 people at one time. The occupancy level has been determined by the guidelines of a 5 metre radius for active participants as presented by the B.C. Recreation and Parks Association's "Guideline to Restarting Operations."
- Maximum allowable registrations within each program session have been reduced to reflect the need for physical distancing and to meet the maximum ice occupancy level as stated above.
- There will be separate entrance and exit ways with patron movement delineated by floor markings and directional signage. Patron movement through the arena lobby and arena will be one way only.
- For children's programs and activities, only one parent per child will be allowed to enter the facility and to access the arena spectator area/stands. Seating will be delineated within the arena stands.
- Seating in the arena lobby will be limited with directions for patrons to sit at least 6 feet/2 metres apart.
- There will be no skate or helmet rentals available.
- There will be no change rooms or showers available.
- All toys and other skate lesson equipment will not be available for programs.
- No hockey games or scrimmages will be allowed, all sports activities must be focused on individual skill development and practice drills.
- Participants will be advised and directed to arrive at the facility in the appropriate gear and equipment for their activity (other than skates and helmet which may be put on at the Arena).
- Participants in programs will be allowed to arrive up to 15 minutes ahead of their scheduled program/activity time and must exit the facility within 15 minutes of the end of their scheduled program/activity time.
- Programs and rental group activities will be scheduled with a minimum of 45 minutes between each to facilitate for the exit of one group prior to the entrance of the next group and to allow for cleaning and sanitization of equipment and touch surfaces in the arena and arena lobby.
- General cleaning and disinfecting of the arena lobby and spectator area will occur during the 15 minute time slots built into arena schedule between every user group. During this time frequently touched surfaces such as door handles, light switches, counters, chairs and equipment will be cleaned and sanitized.
- For hockey programs, goalies will be provided with a separate bench area for dressing and removing gear/equipment.
- Absolutely no spitting will be tolerated. Participants seen spitting on the ice or in the arena will be asked to leave the facility immediately. Employees will then cordon off the area and request cleaning and sanitization by OBPRC Maintenance staff.
- Hand sanitizer and/or hand washing options will be available and patrons will be instructed to use these options before and after participation in class.

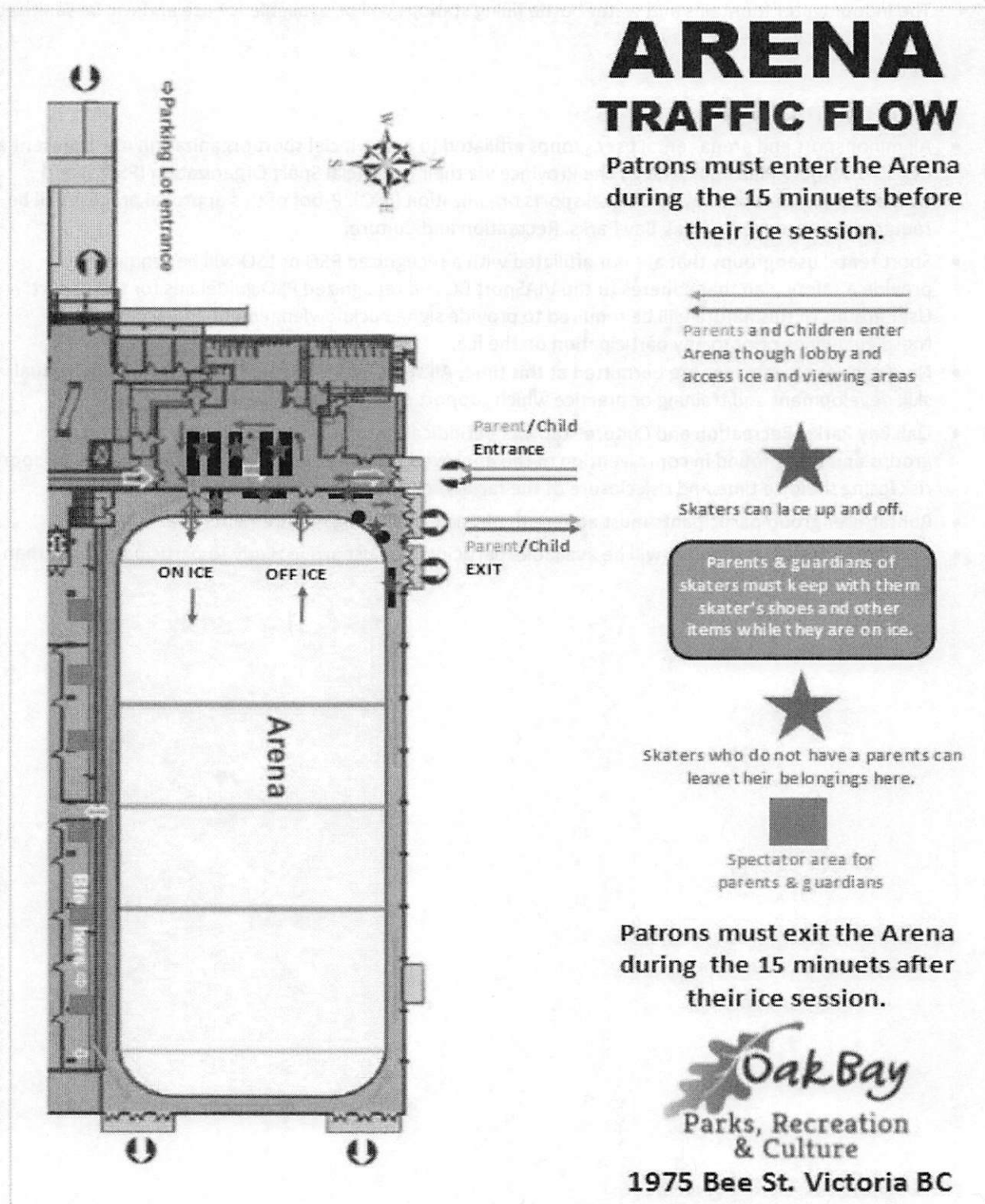


- Instructors will inform patrons on the safety guidelines and expectations of hand washing and sanitization at the start of each class.
- The Arena Lobby washrooms will be available with use restricted to two people at a time.
- The indoor water fountains and water bottle filling stations will be available for use and will be sanitized after each program or activity.

## **Arena Rental User Groups**

- All minor sport and arena rental user groups affiliated to a provincial sport organization must present a COVID-19 Safety Plan approved by the Province via their Provincial Sport Organization (PSO's) and which has been adopted by their local sports organization (LSO). Proof of this approval process will be required upon request of Oak Bay Parks, Recreation and Culture.
- Sport rental user groups that are not affiliated with a recognized PSO or LSO will be required to provide a safety plan that adheres to the VASport BC and recognized PSO guidelines for their sport. User groups of this nature will be required to provide signed acknowledgement and acceptance of these guidelines prior to any participation on the ice.
- No games or scrimmages are permitted at this time. All sport activities must be focused on individual skill development and training or practice which support physical distancing requirements.
- Oak Bay Parks, Recreation and Culture staff will periodically monitor the activities of rental/user groups and those found in contravention of the approved COVID-19 guidelines of their respective sport risk losing their ice time and risk closure of the facility for all.
- Rental/user group participants must adhere to physical distancing requirements at all times.
- No change rooms or showers will be available, participants must arrive ready to participate other than skates, gloves and helmets.

## Recreation Oak Bay's Ice Arena Traffic Flow



## Local Sport Organization (LSO) and Provincial Sport Organization (PSO), requirements for participation at Recreation Oak Bay.

1. User's **Sport-specific Return to Sport Safety Plan**.
2. A copy of user's **insurance**. *It is not a concern if the insurance includes an exclusion related to COVID-19, as the Province has confirmed that they will provide sport groups with that specific coverage.*
3. Written confirmation of the motion the user's **executive passed to approve** the plan that is being submitted.
4. User's must read and sign and initial the **Addendum to your Rental Agreement** and sign your updated their current contract(s). Both attached. *The purpose of the addendum is twofold – to advise that ROB cannot guarantee participants will not contract COVID-19 in our facilities despite our best efforts AND to have you sign off that you guarantee that your participants will abide by the safety plan that they are submitting.*

### BC HOCKEY - Admirals Minor Hockey & CRFMHA & VRC

#### HOCKEY CANADA & BC HOCKEY's RETURN TO HOCKEY GUIDELINES

[https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC\\_RTH\\_Safety-GUIDELINES\\_EN.pdf](https://cdn.hockeycanada.ca/hockey-canada/Exclusive/return-to-hockey/downloads/HC_RTH_Safety-GUIDELINES_EN.pdf)

### SKATE BC – Oak Bay Figure Skating Club

The BC/YK Section Return to Play for Figure Skating Guidelines have also been approved by the BC/YK Section Board of Directors, which provides the detail by which clubs can return to the rinks should their local facility be open

### PRIVATE SPORT – Rental Groups

Private arena groups are expected to have a similar plan outlining their safe practices to reduce transmission of COVID-19. All sports need follow their PSO guidelines for COVID. If there is no corresponding PSO, organizations are to refer to ViaSport guidelines for best practices.

ViaSport is welcoming everyone to use their guidelines and they hope private sport will adopt their PSO (even if not a member's plan). Via Sport does not have jurisdiction over private sport, but private sport does still need to follow PHO orders and have their own Safety plan?

The province currently states there should not be any playing of contact sport at this time.

**Therefore no private or adult hockey leagues or and games are permitted at this time if there is contact. In the future these groups will also need to submit their own RTS Safety Guidelines to Recreation Oak Bay before they are permitted to use the arena.**



## Recreation Oak Bay's Ice Arena in house Program specific Safety Planes and Guidelines

Registered Open Skating Sessions – Unstructured Activity  
Saturdays – 6:30-8pm

*The calculated radius of this activity ensures a two metre distance can be maintained between participants, recognizing this activity will typically require spacing of up to five metre radius.*

### About the session

- Patrons will register and pay though PM on the day they want to skate.
- The sessions will have no more than 20 patrons.
- Staff will be given a class list to check off participants as they arrive.
- One staff will be on duty patrolling the ice and educating patrons on COVID safety rules and policies.
- No skate aids, toys or equipment will be available to the public.
- No skate/helmet rentals will be available to the public.

### How the shift will run/guidelines

- Staff will show up 30 minutes prior to the start of the session to allow for a through clean to the arena lobby and all “high touch” areas.
- Patrons will be asked to arrive 15 minutes prior to the start of the session as the “entry time” and follow the foot traffic patterns as posted on the four and walls of the arena.
- The session will run with patrons being asked to keep social distancing measures in mind.
- Once the session has ended, patrons will be given a 15 minute “exit time” where they take off equipment and leave the building via the posted traffic patterns.
- Staff will then stay 15 minutes to allow for a through clean to the arena lobby, washrooms and all “high touch” areas.

Registered NHL Hockey Camp  
Aug 10 -14<sup>th</sup> – 8:30 – 12noon

- Staff and campers will follow all camp specific guidelines as per Oak Bay Parks, Recreation and Culture , COVID-19 Childcare Handbook Licensed Care and Summer Camps.

## Registered Stick and Puck– Unstructured Activity

Fridays – 6:30-8pm

Saturdays - Over 40's 10-11:45am

*The calculated radius of this activity ensures a two metre distance can be maintained between participants, recognizing this activity will typically require spacing of up to five metre radius.*

### About the session

- Patrons will register and pay though PM on the day they want to skate.
- The sessions will have no more than 18 skaters, and 2 goalies registered in one session.
- Staff will be given a class list to check off participants as they arrive.
- One staff will be on duty patrolling the ice and educating patrons on COVID safety rules and policies.
- No skate/helmet/sticks or equipment rentals will be available to the public.
- Skates, helmets, gloves, and stick are all mandatory.
- Full gear is permitted, but patrons must show up to the rink in full geared, and leave in full gear, with the exception of their skates. (Goalies have a specific area to put on large equipment items)

### How the shift will run/guidelines

- Staff will show up 30 minutes prior to the start of the session to allow for a through clean to the arena lobby and all “high touch” areas.
- Patrons will be asked to arrive 15 minutes prior to the start of the session as the “entry time” and follow the foot traffic patterns as posted on the four and walls of the arena.
- The session will run with patrons being asked to keep social distancing measures in mind.
- Patrons can skate , pass and stick handle with a puck. Players can also take shots on the goalie.
- ABSOLUTELY NO GAME PLAY OR SCRIMAGE IN ANY FORM.
- ABSOLUTELY NO SPITTING
- Once the session has ended, patrons will be given a 15 minute “exit time” where they take off skates and leave the building via the posted traffic patterns.
- Staff will then stay 15 minutes to allow for a through clean to the arena lobby, washrooms and all “high touch” areas.

## Learn to Skate (LTS) and Private Lessons

LTS -Monday to Friday 2:45-4:45pm – July 6-12/ July 20-26/ Aug 10-16/ Aug 17-23

Private/Family Lessons – Saturday – 12:30-3:30pm

Staggered start and end class times to aid in less congestion for the Mon –Fri Group lessons

- 2:45-3:15pm - Preschool 2-4
- 3:20 – 4:25pm - School Age – 2 & 3
- 4-4:45pm - School Age – 4,5,& 6

### About the session:

- LTS Instructor to student ratios are dropped to 1 :3
- LTS will not be offering lower level classes where physical contact may be an issue (pre-school 1, Skate 1).
- Classes are programmed in staggered start times, within a two hour time frame in order to assure a minimum number of bodies on the ice at all times. Under 20.
- Staff will be given a class list as they arrive to work their shift.
- No skate or helmet rentals will be available – patrons will be expected to use their own.
- Toys and skate aid equipment, will not be used during lessons.
- Patrons will be asked to arrive within the 15 minutes prior to the start of the session as their “entry time” and follow the foot traffic patterns as posted on the four and walls of the arena.

### How the shift will run/guidelines

- TL will show up 30 minutes prior to the start of the session to allow for a through clean to all “high touch” areas of the arena/lobby
- Participants and staff members will be asked to keep social distancing measures in mind at all times.
- Once the session has ended, patrons will be given a 15 minute “exit time” where they take off skates and leave the building via the posted traffic patterns.
- Staff will then stay 15 minutes to allow for a through clean to the arena lobby, washrooms and all “high touch” areas.
- Staff will then be given an extra 15 minutes to allow for a thorough clean of the arena lobby.

### Rules for the skate

The session will continue to run all of its usual rules, with the addition of the following:

- Patrons will be asked to supply their own skates/helmets.
- Patrons will be asked to sit at least 2m apart in the arena lobby as well as keep their distance as best as possible on the ice with no physical contact.
- No toys on the ice.
- Please follow the flow chart in order to keep the arena lobby segregated.
- No high-fives or fist pumps throughout the lessons



## **Recreation Oak Bay's Ice Arena Contract Program Specific Safety planes and guild lines**

### **Inner Power Skating – Hockey Skating and Skills Contractor**

#### **Inner Power Coaching - COVID Operation Guidelines for Recreation Oak Bay**

Inner Power Coaching is committed to keep players, parents and patrons safe during all hockey related activities at Recreation Oak Bay. Inner Power participant agreement, includes direction that participants will abide by Recreation Oak Bay's Safety Plan, when entering Recreation Oak Bay's facilities under the COVID-19 Response plan and RTP Protocol.

- There will only be ONE coach on the ice during all ice sessions.
- Scrimmages and physical contact drills will NOT take place. No Game Play.
- Coach will demonstrate all drills and power skating techniques 6 feet away from all players.
- Players will keep their distance of 6 feet away from each other
- Players are only allowed to enter the arena, one at a time and must arrive with hockey equipment on.
- Parents and players will abide by the flour marking and directional signage stated at Recreation Oak Bay.
- A maximum of 10 players is allowed to participate on the ice.
- Player will bring their own label bottled water.
- Players will only enter the arena facility during the 15 min prior to the stated ice time
- Player must leave during the 15 min post the stated ice time
- Players/Penalty benches and hockey dressing rooms are closed

#### **Power Unlimited - COVID Operation Guidelines for Recreation Oak Bay**

Power Unlimited is committed to keep players, parents and patrons safe during all hockey related activities at Recreation Oak Bay. Power Unlimited includes direction that participants will abide by Recreation Oak Bay's Safety Plan, when entering Recreation Oak Bay's facilities under the COVID-19 Response plan and RTP Protocol.

- There will only be ONE coach on the ice during all ice sessions.
- Scrimmages and physical contact drills will NOT take place. No Game Play.
- Coach will demonstrate all drills and power skating techniques 6 feet away from all players.
- Players will keep their distance of 6 feet away from each other
- Players are only allowed to enter the arena, one at a time and must arrive with hockey equipment on.
- Parents and players will abide by the flour marking and directional signage stated at Recreation Oak Bay.
- A maximum of 10 players is allowed to participate on the ice.
- Player will bring their own label bottled water.
- Players will only enter the arena facility during the 15 min prior to the stated ice time
- Player must leave during the 15 min post the stated ice time
- Players/Penalty benches and hockey dressing rooms are closed

## Cleaning and Disinfecting

- Program spaces and equipment will be cleaned and disinfected in accordance with the BC Centre for Disease Control *Cleaning and Disinfecting Guidelines*.
- Recreation Oak Bay to secured cleaning/disinfection supplies (see WorkSafeBC Guide) and nonmedical PPE for employees.
- Sports staff schedule on shifts that include new cleaning duties will be trained on proper cleaning/disinfection.
- Information for patrons on Recreation Oak Bay's cleaning and disinfection practices are posted
- General cleaning and disinfecting of spaces will occur, during the 15min scheduled clean time between every user of the arena.
- Frequently touched surfaces such as door handles, light switches, faucets, tables, counters, chairs, and toys will be cleaned and sanitized frequently after use.
- Toys such as stuffed animals, beanbags and sponges that cannot easily be cleaned will be removed from all program areas.
- Garbage cans, and recycling bins, will be cleaned daily.

## Staff Safety & Training

The Recreation Oak Bay staffing plan is in place to reopen the arena. This plan includes re-orientation of Sports department employees who have been off the job for an extended period of time, and overall training of all employees to review new COVID related policies.

New COVID Recreation Oak Bay Arena policies and training include:

- support for any workers expected to monitor compliance with public and/or may encounter disgruntled patrons
- Clearly stated policy that every employee adheres to regarding the absolute need to stay home if sick or experiencing symptoms of COVID-19. *See Appendix A*
- PPE in the form of non-medical grade masks and gloves are provide for all staff and the new COVID staff training includes the proper use and disposal of PPE.
- Frequency of employee hand washing/sanitizing
- Updated Sports Department first aid protocols, and supplies.

Staff performing first aid for patrons in the arena, follow the protocols provided by governing bodies such as Red Cross and Lifesaving Society for COVID-19 protocols. Staff follow hygiene and distancing as guided by occupational first aid attendants in the workplace. Also see WorkSafeBC OFAA protocols

## COVID-19 Illness Protocols

- Staff will provide patrons with an up-to-date sick policy to assist them with checking themselves and their children for symptoms before arriving to any programs or sessions at the arena.
- If a participant develops symptoms while in an arena program, staff will inform the patron that they need to leave.
- Signage is posted to remind all patrons and staff of symptoms to look for, and hand washing requirements.
- All staff, and patrons who are displaying symptoms of COVID-19, or who travelled outside of Canada in the last 14 days, or who were identified by Public Health Officials as a close contact of a confirmed case must stay home and self-isolate.
- Staff will assess themselves daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory diseases prior to working and will stay home if they are ill.
- Please refer to Appendix A: Protocol for Patron or Staff with Symptoms of COVID-19 for more information.

## Conclusion

Recreation Oak Bay Arena Staff will continue to monitor and evaluate as steps forward are taken. The goal is to keep moving forward while recognizing steps back may be necessary.

Monitoring and evaluating will include:

- Changing course as PHO orders and directives are announced
- Identifying what is working well, and seek feedback from patrons and employees
- Stay informed through recognized partnering agencies as they evaluate and adjust their practices
- Monitor incidences and solicit support from local health authority
- Expect fluidity of movement between levels as evaluation indicates



## **Appendix A: Protocol for Patrons or Staff with Symptoms of COVID-19 for more information.**

### **Typical Symptoms of COVID-19:**

As per the BC Centre for Disease Control, people with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

### **People with these symptoms may have COVID-19:**

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This is not an exhaustive list of symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea. Additional information is available from the BC Centre for Disease Control at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

### **If a person develops symptoms at home:**

They must stay at home for a minimum of 10 days from the onset of symptoms and until symptoms resolve, whichever is longer.

### **If a Patron develops symptoms at the centre, staff will take the following steps:**

1. Staff member will immediately separate the symptomatic patron from others in a supervised area until they can go home.
2. Contact the child's parent/guardian to pick them up right away if they are a minor.
3. Provide the patron with tissues and support as necessary so they can practice respiratory hygiene.
4. Open outside doors and windows to increase air circulation in the area.
5. Avoid touching the patron's bodily fluids. If contact occurs, the staff member will wash their hands.
6. Once the patron has left the facility, the staff member will immediately wash their hands.
7. The space where the patron was separated and any areas used by the patron(e.g. bathroom, common areas) will be cleaned and disinfected.
8. If concerned, contact 8-1-1 or your local public health unit to seek further advice.

**Parents and guardians must pick up their child promptly once notified that their child is ill.**

### **If a staff member develops symptoms at home:**

Staff must stay home and self-isolate for a minimum of 10 days from the onset of symptoms and until symptoms resolve, whichever is longer.

### **If a staff member develops symptoms while at work:**

1. Staff member should go home right away.
2. If unable to leave immediately, the symptomatic staff member should undertake the following:
  - Separate themselves into an area away from others.
  - Maintain a distance of 2 metres from others.

- Use a tissue or mask to cover their nose and mouth while they wait for a replacement or to be picked up.
- Remaining staff must clean and disinfect the space where staff was separated and any areas used by them (e.g. office, bathroom, common areas).
- If concerned, contact 8-1-1 or the local public health unit to seek further advice.

**If a patron is assessed by their family physician or nurse practitioner and it is determined that they do NOT have COVID-19, they may return to the childcare once symptoms resolve.**

#### **Appendix B: More Information on When to Perform Hand Hygiene**

<b>Patrons should perform hand hygiene:</b>	<b>Staff should perform hand hygiene:</b>
<ul style="list-style-type: none"> <li>• When they arrive at the arena and before they go home</li> <li>• After using the toilet</li> <li>• After sneezing or coughing</li> <li>• Whenever hands are visibly dirty</li> </ul>	<ul style="list-style-type: none"> <li>• When they arrive at the arena and before they go home</li> <li>• After performing cleaning tasks</li> <li>• After removing gloves</li> <li>• After handling garbage</li> <li>• Whenever hands are visibly dirty</li> </ul>