DRAYTON VALLEY

WHAT TO EXPECT WHEN VISITING THE OMNIPLEX

The Town of Drayton Valley will be following the advice and guidelines as set out and recommended by Alberta Health Services and the Province of Alberta

HOW WE ARE KEEPING YOU SAFE:

- Frequent cleaning and disinfecting high touch areas (eg, doors, counters, railings, bleachers)
- Staff will be practicing physical distancing
- Sanitizing stations at entrances
- Markings have been placed on the floors to reduce congestion
- Players will be required to enter through the players entrance and exit through the Omni 2 doors

WE STRONGLY RECOMMEND

- Participants and spectators should maintain a 2 meter distance in lobbies, change rooms, players bench and bleachers
- Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets
- Its strongly recommended that spectators bring and wear their own mask.
- Physical distancing of 2 meters unless in the same family or cohort.
- Please come prepared with water/liquids for hydration. There are no water fountains available during this time.
- No showers
- Please do not gather in lobbies, doorways or hallways
- Please do not be early for your ice time, a max of 20 mins before and after your session, if possible, please come dressed to cut down on time in change room.
- We ask you keep spectating to a minimum to help with congestion in lobbies and arena.
- Masks are recommended when social distancing can not be achieved
- Please respect everyone's views on management of the pandemic. Everyone has a responsibility to reduce the spread of COVID 19.

These recommendations are subject to change based on Alberta Health Services guidelines and restrictions.

COVID-19 INFORMATION

GUIDANCE FOR INDOOR EVENTS

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply to the extent possible, with the COVID-19 General Relaunch Guidance, this guidance, and any other applicable Alberta Health guidance found at: https://www.alberta.ca/biz-connect.aspx.

This document has been developed to support those who organize indoor events in reducing the risk of transmission of COVID-19 among attendees (including participants, caterers, workers, volunteers, patrons and the general public). These events could include both private events (e.g. conferences, conventions, galas, banquets, trade shows and weddings) and public events (e.g. craft fairs/artisan shows, exhibitions) that are not covered by another guidance document. The guidance provided outlines public health and infection prevention and control measures specific to these activities.

In Stage 2, with 2 metres of distance maintained between members of different households or cohort families, the following capacity restrictions apply:

- A **maximum of 50 individuals are permitted an indoor gathering**, including attendees, staff, photographers and volunteers.
- A **maximum of 100 spectators are permitted for indoor seated/audience** settings.

This document and the guidance within it are subject to change and will be updated as needed. Current information related to COVID-19 can be found: https://www.alberta.ca/covid-19-information.aspx

COVID-19 Risk Mitigation

General Guidance	• Encourage and facilitate attendees staying up to date with developments related to COVID-19, including advance communications through email, social media etc. • Notify attendees of the steps being taken to prevent the risk of transmission, and the importance of their roles in these measures. ○ COVID-19 signage should be posted in highly visible locations:

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	▪ "Help prevent the spread" posters are available. ▪ When possible, provide necessary information in languages that are preferred by attendees. ○ Encourage attendees to download the ABTraceTogether app to help let them know if they have been exposed to COVID-19. • All Albertans must follow CMOH Order 05-2020, which establishes legal requirements for quarantine and isolation. ○ Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home. • Organizers should develop a plan to provide isolation for an attendee if needed. • All international travellers must quarantine for 14 days upon entering Canada. International travellers must plan ahead to ensure they can complete their quarantine prior to attending an event. • Consider options for virtual attendance for individuals who are at increased risk for more serious illness after contracting COVID-19, such as the elderly or people who have pre-existing health conditions or are immunocompromised. To support public health contact tracing efforts in the event that an attendee tests positive, organizers should consider collecting the names and contact information of attendees. • Providing information is voluntary for attendees. An organization must obtain an individual's consent and notify them about the purpose and legal authority for the collection. ○ Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose. • Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite. • For businesses/workplaces, this includes staff, workers and volunteers on shift. • Records should only be kept for 2 weeks. An organization must make reasonable security arrangements to protect the personal information. • For more information, the Office of the Information and Privacy Commissioner has released Pandemic FAQ: Customer Lists about collecting personal information from customers during the COVID-19 pandemic.

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GUIDANCE FOR INDOOR EVENTS

	• For questions about your obligations under the *Personal Information Protection Act* (PIPA), please contact the FOIP-PIPA Help Desk by phone at 780-427-5848 or by email at sa.accessandprivacy@gov.ab.ca.

Screening & Response Plan	Operators should:
	• Post signs that instruct those who may have been exposed to COVID-19 not to enter.
	• Consider implementing active screening of attendees (where applicable) and staff for symptoms of fever, sore throat, cough, runny nose or difficulty breathing.
	  ○ Event operators may choose to use the Alberta Health Daily Checklist.
	  ○ The Alberta Health Services COVID-19 Self-Assessment tool can be used by attendees.
	• Develop a rapid response plan that sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.
	• Be familiar with and follow the rapid response plan if an attendee starts feeling symptoms. This should include:
	  ○ Immediately isolating the attendee from others.
	  ○ Cleaning and disinfecting all surfaces that may have come into contact with the symptomatic attendee.
	  ○ Requiring hand hygiene and masking of the attendee.
	  ○ Ensuring the attendee isolates as soon as possible.

Entry and Waiting Areas	• Consider options to facilitate physical distancing, such as:
	  ○ Directing traffic flow within a site. This can be accomplished with signs, ropes, floor decals, greeters, etc.
	  ○ Reservations and staggered entry times.
	  ○ Dedicated entry and exit points.
	• At registration tables, have staff or volunteers to check-in attendees and provide name tags, if required. Do not have attendees pass around pens, name tags and/or sign-in sheets.
	• Consider suspending coat check services and avoid staff and volunteers handling attendee's personal items.
	• Provide hand sanitizer with at least 60% alcohol content for patrons and worker use as they enter and exit.

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GUIDANCE FOR INDOOR EVENTS

Conferences, Presentations, Lectures or Banquets	• Consider options for participants to greet each other that do not include touching; discourage shaking hands and physical contact between attendees.
	• Individuals should be reminded to maintain physical distancing at all times, and when returning to vehicles or homes.
	  ○ Cancel or modify networking activities that require prolonged face-to-face contact.
	• Adhere to the restrictions for seated/audience settings.
	• Encourage the use of assigned seating to minimize multiple persons using the same chairs and place settings.
	  ○ Ensure chairs are 2 metres apart, if not at a table.
	  ○ Arrange chairs and tables 2 metres apart. Seat up to a maximum of 6 individuals at the same table.

Dining Areas	• **No more than 6 individuals should be seated at a table**; table size should facilitate physical distancing to the extent possible.
	  ○ Those seated at the same table should ideally be from the same household or social cohort.
	• Arrange tables and chairs so that a 2-metre distance is maintained between each party.
	  ○ Remove excess chairs from the room.
	• Aisles should be wide enough to allow room for people to maintain physical distancing. Consider using one-way traffic flow to help maintain distancing.
	• Do not supply shared table serving containers and/or condiments (e.g. water jugs, table wine, salt and pepper shakers, ketchup, and hot sauce). Use single serve items or have servers provide upon request.
	• Thoroughly disinfect each table and chair (backs and armrests) and other handled items such as AV equipment and countertops between events.
	• Consider placing hand sanitizer at each table.
	• Consider keeping music to a low volume to help attendees avoid leaning in to hear each other.

Facility	• Provide hand sanitizer containing at least 60% alcohol at entrances, exists, elevators, escalators, throughout the exhibition floor and other areas with commonly touched surfaces. • Washroom capacity should allow for distancing between guests. For example, consider closing alternate sinks or urinals. • Thoroughly sanitize each table after attendees leave.

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GUIDANCE FOR INDOOR EVENTS

	• Washroom sanitation and supervision should be enhanced. • Increase frequency of cleaning and disinfection of high-touch surfaces such as elevator buttons, railings, door handles, public seating, payment devices, microphones, podiums etc. • Staff should perform hand hygiene frequently. • Space vending booths with enough room for vendors and participants to maintain 2 metres distancing. • Encourage vendors to clean and disinfect booths regularly. • Stagger loading schedules during setup and cleanup to enable distancing of staff, volunteers and vendors at loading docks and entryways. • Provide a process for attendees to report sanitation and distancing concerns. Facility personnel or the organizer should address concerns in a timely manner. • Implement elevator use protocols to enable physical distancing. • Consider how emergency response plans may need to be modified to accommodate physical distancing.
Food Service	• Food service providers are required to follow the *Food Regulation* and *Food Retail and Foodservices Code* and existing occupational health and safety requirements. ○ Operators should also follow the COVID-19 General Relaunch Guidance, the Guidance for Food Catering, and the Guidance for Restaurants, Cafes, Pubs, and Bars. • Buffets and self service options may only be offered if facilitated and overseen by a commercial caterer who holds a food handling permit in accordance with the Guidance for Restaurant, Cafés, Pubs and Bars.

Shared Items	• Where appropriate, eliminate or reduce the number of items at the event that will be handled by multiple people.
	  ○ This includes programs, flyers, handouts, promotional items, prizes, writing pads, clipboards and pens.
	  ○ Consider using emails and online information.
	  ○ Avoid shared objects at vendor booths including electronic devices and interactive displays that cannot be sanitized between users or operated exclusively by the vendor.
	  ○ Ask participants to avoid handling samples, promotional items or brochures that they are not taking with them.
	  ○ Use contactless payment/ticketing and avoid cash payments where possible. Practice hand hygiene between tasks if required to handle cash.

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	• Use alcohol-based hand sanitizer with a minimum of 60% alcohol before and after handling a shared item. • Hard-surfaced items, or items which can be laundered should be cleaned and disinfected. Refer to cleaning and disinfecting guidance in the COVID-19 General Relaunch Guidance. • Soft-surface items, or other items that cannot be cleaned and disinfected should be isolated for a period of 24 hours.

Entertainment & Performances	• Organizers should follow the Guidance for Live Music, Dance and Theatre.
	• Singing and the use of wind instruments are higher risk activities and must not occur.
	  ○ Consider recorded singing or non-wind instruments (e.g. piano, string instruments or guitar), as an alternative.
	• Hand-held microphones should not be shared. This includes between emcees and those proposing toasts or giving speeches. Podium or stand microphones can be shared, but should not be touched by speakers.
	• Dancing should maintain physical distancing between attendees from different households.
	  ○ Consider types of dancing, such as line dances, which allow people to remain far apart.
	  ○ If attendees are unable to maintain physical distancing while dancing, non-medical face masks should be worn. Guidance for wearing masks is available.
	• Games and other interactive activities should only occur if there are no shared items required. Consider games and activities where participants can maintain physical distance as much as possible.

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COVID-19 INFORMATION

GUIDANCE FOR PROFESSIONAL SPORTING EVENTS

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with the COVID-19 General Relaunch Guidance, this guidance, and any other applicable Alberta Health guidance found at: https://www.alberta.ca/biz- connect.aspx.

This document has been developed to support organizers/operators of professional sporting events in reducing the risk of transmission of COVID-19 among attendees (including workers, players, coaches, medical staff, support teams, executives, etc). The guidance provided outlines public health and infection prevention and control measures, specific to these events.

In Stage 2, with 2 metres of distance maintained between members of different households (with the exception of cohort families), the following capacity restrictions apply:

- A **maximum of 200 spectators are permitted for outdoor seated/audience** events/settings.
- A **maximum of 100 spectators are permitted an indoor seated/audience** events/settings.

This document and the guidance within it is subject to change and will be updated as needed. Current information related to COVID-19 can be found: https://www.alberta.ca/covid-19-information.aspx

COVID-19 Risk Mitigation

Pre-arrival Preparation	*Facilities and Venues* • Conduct a comprehensive risk assessment and implement mitigation and controls required minimize the risk of transmission (e.g. laundry, equipment maintenance, food delivery, floor layout and elevator access). ○ Include isolation planning for any tournament participant that may begin to exhibit COVID-related symptoms. *Plans and Protocols*

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GUIDANCE FOR PROFESSIONAL SPORTING EVENTS

	• Tournament organizers should develop the following in coordination with local public health:
	  ○ Outbreak management plans;
	  ○ Return to play protocols; and
	  ○ Contact tracing and management.
	
	Pre-arrival exclusions
	• Conduct daily health checks to monitor players and staff travelling for COVID-like symptoms in the 14 days prior to arrival.
	• Begin to minimize contact with individuals outside existing households and professional staff for 14 days prior to travel.
	
	Airline Travel
	• Teams and staff should follow IPC controls prior to, during and following the flight (e.g., follow strict hand hygiene, wear procedural masks.).
	• Commercial air travel should be avoided where possible.

Initial Quarantine	*Cohorts*
	• A cohort model will support separation of tournament participants from the public and from other cohorts in the tournament.
	• Cohorting among the tournament participants will reduce the risks of widespread disease in the tournament if a case is identified.
	• Cohorts should consist of individual team staff, players, and other supporting staff.
	• Media and league staff should either be cohorted individually as their own cohort or embedded within the team cohorts
	
	Arrival
	• Each cohort must follow a mandatory 14 day 'quarantine-in' procedure that includes:
	  ○ testing at predetermine intervals (e.g. day 0, day 3, day 7, day 14);
	  ○ daily health checks (e.g., questionnaires or temperature checks); and
	  ○ restricted interaction with non-cohort members.
	• International teams are subject to a mandatory 14 day quarantine period, however exemptions from the Chief Medical Officer of Health can be provided to allow for training and practice if there is no assessed increased risk to the public (e.g., remain in a group quarantine and comply with the testing protocols outlined in this document).

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GUIDANCE FOR PROFESSIONAL SPORTING EVENTS

Cohort Maintenance	*Cohort Members*
	• Each team should be cohorted individually in separate non-overlapping living facilities (e.g., hotels).
	• The same living facilities may be used for multiple cohorts if teams are cohorted onto clearly separated floors in the same living facility
	  ○ Practices to clean and disinfect all common areas (e.g., elevators) must be diligently undertaken.
	• In the cohort facility:
	  ○ Team cohorts interactions should be kept to the absolute minimum to limit potential contacts in the event of a case.
	  ○ Any required non-game interaction between cohort groups should follow public health measures (e.g., physical distancing, strict hand hygiene and respiratory etiquette).
	  ○ Each team member should have its own room; roommates should be avoided.
	  ○ Facilities should not operate for use by the general public during the cohort period and access should be limited to only cohorted members.
	• League staff may be included as part of the team cohorts when required.
	• Contact with the public should be kept to an absolute minimum and appropriate controls should be included.
	• Family members may be allowed, but must also adhere to the strict cohort requirements for the duration of the tournament.
	
	Symptom Monitoring
	• Teams should conduct daily health checks on all members of the team cohort for the duration of the tournament (e.g., questionnaires and temperature checks).
	• Tournament organizers should ensure all cohort members are tested at least every 5 days throughout the event (average incubation period) and at least once before starting a new series between teams.
	  ○ Where feasible, private fee-for-service testing should be used to reduce impacts to the local health system if capacity for testing becomes an issue. Clinical public samples remain paramount to support Alberta's pandemic response.
	
	Prevention Packages should be regularly provided to all cohort members:
	• small personal packages of disposable tissues and plastic bags for tissue disposal;
	• small laminated prevention card with key reporting information;

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	• a medical mask, which should be worn if a member becomes symptomatic. Anyone who becomes symptomatic must immediately move to a location where they can isolate; the medical mask should be worn while transitioning to isolation • small packages of an alcohol-based hand wipes; • labelled thermometer; and • hand sanitizer.
Transportation	• Each cohort should have dedicated transportation to and from facilities and venues. • Vehicles should be cleaned and disinfected regularly.

Facilities	• Cohorts should have individual, dedicated facilities (i.e. one for each team) identified including:
	  ○ Gym/workout facilities,
	  ○ Dressing rooms, and
	  ○ Dedicated practice facilities. These ideally should be separate from game play facilities where possible.
	• Where use overlaps between cohorts due to operational requirements, facilities should be thoroughly cleaned and disinfected between cohorts.
	• Designated medical facilities should be identified and only accessible to the tournament participants (e.g. Diagnostic Imaging facilities, dental)
	• Consider access to non-hospital surgical facilities and specialized medical staff to support any advanced care that may be required.
	• If professional medical staff outside of the cohort are required, they should use appropriate personal protective equipment, including universal masking, to protect the cohort.
	• Implement cleaning, disinfecting, public health, and IPC measures, as outlined in the General Relaunch Guidance document.

Game Play and Practices	• Games should not begin until after all teams have successfully completed the quarantine-in period. • If possible, each series should be played in the same facility. • Consider using multiple facilities for the tournament so not all cohorts play on the same ice surface. • Guidelines for IPC procedures during practices and games are required. ○ For example, implement plans to eliminate sharing of items (e.g., water bottles) and minimize sharing of equipment. • Players should follow strict procedures for arrival and departure including staggered arrival and departure and strict hand hygiene in and out.

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GUIDANCE FOR PROFESSIONAL SPORTING EVENTS

Media	• The broadcasting crew should be cohorted together or within the teams for the duration of the tournament, due to their close proximity to the participants.
	• Consider options for interviews and media that support physical distancing, such as:
	  ○ Have coaches/players speak at podium or tables for press conferences or conduct press conferences via remote technology options.
	  ○ Schedule interviews in locations where players/coaches can maintain 2m distance from media.
	  ○ Do not allow media scrum-style interviews.

Staff at Facilities and Venues	• Staff that support the operations of facilities and venues may be included in the team cohort and cohorted throughout the event.
	  ○ If cohorting is not practical or feasible:
	  ▪ Staff should be kept separate from cohorts wherever possible; and
	  ▪ Public health and IPC measures are required (e.g., masking, hand hygiene) when separation cannot be maintained.
	• Operators and staff should follow guidance relevant to their setting/facility/organization that is available on the Alberta Biz Connect website (e.g., restaurants, hotels).

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COVID-19 INFORMATION

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with the COVID-19 General Relaunch Guidance this guidance, and any other applicable Alberta Health guidance found at: https://www.alberta.ca/biz-connect.aspx.

This document has been developed to support sport, physical activity and recreation organizations and facilities in reducing the risk of transmission of COVID-19 among attendees (including participants, staff, volunteers and the general public). The guidance outlines public health and infection prevention and control measures specific to (a) sport, physical activity and recreation (indoor and outdoor) and (b) the operation of indoor facilities.

COVID-19 droplet transmission is much more likely when individuals are in close contact. Further, the likelihood of transmission between individuals participating in sport, physical activity and recreation in an indoor setting is significantly higher. While transmission is less likely in an outdoor setting, where air flow is greater and there is more space for individuals to keep physically distanced, transmission can occur if public health guidance is not followed.

COVID-19 can also be transmitted if someone touches a contaminated surface and then touches their face without washing their hands. Many activities involve shared equipment among participants, coaches/staff, instructors, officials or volunteers (for example, shared baseballs, basketballs, volleyballs). The virus does not enter the body through skin; it enters through the eyes, nose or mouth when an individual touches their face. This is why regular hand hygiene and cleaning of high-touch surfaces are so important.

In addition to following the Government of Alberta's guidance, those participating in organized activities sanctioned by, or affiliated with, a provincial or national organization should ensure they are also complying with their governing body's guidelines, assuming they meet or exceed provincial requirements. It is recommended that every organization develop a publicly available written plan. A template can be found in the appendices of the General Relaunch Guidance. The Government of Alberta will not be approving written plans.

This document and the guidance within it is subject to change and will be updated as needed. Current information related to COVID-19 can be found: https://www.alberta.ca/covid-19-information.aspx

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GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

1.0 General Considerations for Sport, Physical Activity and Recreation Organizations

Considerations for Modifying Activities	• Organized sports, physical activity and recreation may proceed (programming, training, practice and competition) if physical distancing is possible.
	• For sports and activities that involve participant interaction a distance of less than 2 metres, it is recommended that:
	  ○ the activity occur outdoors, or
	  ○ the activity be modified to keep participants at a safe distance.
	• The 2-metre physical distancing rule can be relaxed for participants from the same household.
	
	To help plan activities, practices or games, consider the following:
	• Can the activity be modified to reduce the sharing of equipment?
	• Can the activity be modified to increase physical distancing?
	• Can the activity be done outdoors instead of indoors?
	• Can activities, practices and game play be shortened, or performed with fewer participants?

Mini-leagues: Cohorting Participants	• Mini leagues are a way to cohort individuals who participate in a sport or physical activity in close proximity of others.
	  ○ Mini-leagues help to mitigate risk of widespread transmission by limiting the number of individuals in close contact.
	• In Stage 2, **50-person mini-leagues** can be formed for sports or physical activity that involve participant interaction at a distance of less than 2 metres.
	  ○ The 50-person maximum includes coaches/staff, instructors, participants from multiple teams, officials, and volunteers.
	• Each mini-league can be comprised of multiple teams, but still only a total of 50 individuals.
	  ○ Game play should be limited to teams in the same mini-league.
	• Teams in different mini-leagues should not play each other. Athletes should not belong to multiple sports mini-leagues; they should select one sports cohort for the duration of Stage 2.
	• Mini-leagues should remain together during Stage 2 of Relaunch and only play within the same geographical region (e.g., within a neighbourhood, town or municipality, AHS Zone).
	• It is recommended that mini-leagues be supervised by a responsible person whose role is oversight over maintenance of the group and other public health guidance.
	• For more information on cohorts, please see the Cohort Guidance.

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GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

Public Health Contact Tracing	• Participants, coaches, instructors, officials or volunteers who become symptomatic during an activity are required to be isolated from others and must return home immediately. • To support public health contact tracing efforts in the event that an attendee tests positive, operators should consider collecting the names and contact information of attendees. • Providing information is voluntary for patrons. An organization must obtain an individual's consent and notify them about the purpose and legal authority for the collection. ○ Any personal information that is collected for COVID-19 contact tracing can only be used for this purpose, • Information about attendees will only be requested by Alberta Health Services if a potential exposure occurs onsite. • Records should only be kept for two weeks. An organization must make reasonable security arrangements to protect the personal information. • For more information, the Office of the Information and Privacy Commissioner has released Pandemic FAQ: Customer Lists about collecting personal information from customers during the COVID-19 pandemic. • For questions about operator obligations under the *Personal Information Protection Act* (PIPA), please contact the FOIP-PIPA Help Desk by phone at 780-427-5848 or by email at sa.accessandprivacy@gov.ab.ca. • Organizations may encourage participants to download the ABTraceTogether contact-tracing app to assist public health officials with contact tracing in the event an outbreak should occur.

Masks	• Participants can wear masks when they are not engaging in intense physical activity.
	• Masks should not be worn during intense physical activity.
	  ○ Masks and face shields cannot be assured to stay in place.
	  ○ There is some evidence to suggest that wearing a mask during high intensity activity could have negative health effects.
	• Guidance on how to wear a mask properly can be found here.

Participants, Coaches, Instructors, Staff, Volunteers, Officials, Aides	• Participants should proactively and regularly monitor for symptoms. Symptomatic individuals are prohibited from participating.
	• Hand hygiene should occur before and after each activity.
	  ○ Hands should be cleaned before and after using sporting gloves.
	  ○ Gloves should be cleaned after each use.
	• To the extent possible, participants should refrain from touching their eyes, nose, mouth and face during activity.

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GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

	• Practice respiratory etiquette. Participants should refrain from spitting and clearing their nasal passages during activities. • Limit group celebrations and other customs during activities (e.g., handshakes, high fives, fist bumps, chest bumps) that bring participants with 2 meters or promote contact. • Water bottles should be labelled with the name of the owner. Do not share water bottles. • To the extent possible, arrive dressed and ready to participate. There will be limited access to locker rooms to prevent gathering. • After activities, individuals should minimize time spent in dressing/locker/change rooms and maintain physical distance lobbies and common spaces. • Transportation to and from activities should be arranged so that only cohort members, or members from the same household, share rides.

Spectators	• Spectators (excluding parents and guardians where necessary for player support) should be kept out of participant spaces (e.g., fields of play, courts, ice surfaces).
	• Physical distancing of minimum 2 metres should be maintained by spectators at all times, unless from the same household or cohort.
	• In Stage 2, with 2 metres of distance maintained between members of different households (with the exception of cohort families), the following capacity restrictions apply:
	  ○ A **maximum of 200 spectators are permitted for outdoor seated/audience** events/settings**.**
	  ○ A **maximum of 100 spectators are permitted for indoor** events/settings**.**
	• Cheering and yelling is strongly discouraged as it presents a high risk of spreading droplets.
	• It is strongly recommended that spectators wear masks.

Travel	• For Stage 2 of Relaunch, activities should be restricted to local opportunities. This means within a neighbourhood, town or municipality. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of province. ○ Cross-jurisdictional, or inter-regional, play should not occur at this stage.
Tournaments	• Tournaments should not occur during Stage 2. ○ Tournament formats do not reflect the concept of mini-leagues and generally require some participants to travel outside of their municipality.

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GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

2.0 Sport and Activity-Specific Considerations

High intensity Fitness Classes and Studios (Dance, High Intensity Classes)	• There is no scientific evidence establishing a 'safe' distance between participants during indoor high intensity activities.
	  ○ Both operators and participants should proceed with this type of exercise with caution and should take appropriate measures to reduce risk of exposure and transmission.
	• For high-intensity classes (e.g., Zumba®, Spin®/cycle class, hot yoga, boot camp), reduce the number of participants to ensure that a minimum distance of 3 metres is maintained in all directions of each participant, unless from the same cohort or household.
	• Participants should be encouraged to bring their own equipment. Any props and shared items should be cleaned and disinfected at an increased frequency. Allow adequate time to thoroughly clean and disinfect equipment between each class.
	• Instructors should be assigned and wear microphones to reduce the need for shouting.
	  ○ Participants singing along to the music or shouting back at the instructor should be discouraged.
	• Consider creating cohorts of classmates, to a maximum of 50 people, by assigning specific times for the same participants to partake in classes. More information on cohorts can be found here.
	• Reduce opportunities for classmates to gather before and after a class within the facility.
	• Ensure group fitness classrooms are well ventilated (e.g., open windows if possible).
	• For classes with significant movement, it is recommended that participants be assigned a designated area in which they can move about. Participants should stay in their designated area for the duration of the activity (no swapping places).

Low Intensity Fitness Classes (e.g. Yoga, Pilates)	• Participants should be encouraged to bring their own equipment. Any shared equipment should be cleaned and sanitized at an increased frequency. Allow adequate time to thoroughly clean and disinfect equipment between each class. • Where fitness activities involve participants in close proximity to the floor, the floor should be cleaned thoroughly between each class. • Participants should maintain 2 metres of distance between each other at all times, unless from the same cohort or household.

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GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

Weight Rooms	• Space weight machines at least 2 metres apart. • Consider greater distances (3 metres) between aerobic fitness equipment where high exertion is common (e.g., treadmills, rowing machines, stationary bikes). • Designate areas for the use of certain equipment (e.g., stretching areas, kettle bell areas) and for movement (e.g., heavy rope, tire flipping zone) to ensure distancing is maintained. • Consider using markers on the floor to define designated areas and manage flow of participants. • If equipment cannot be moved, and positioning will result in participants being within a 2-metre distance, consider blocking off every other piece of equipment or erecting barriers such as acrylic glass between equipment. • Where spotting is necessary for heavy weight lifting, participants may form small cohorts to limit direct contact with others.
Indoor Tracks	• Width of track lanes should be considered for physical distancing. Consider limiting the use of every second lane. • It is suggested that runners travel in the same direction on the track. • Encourage outdoor running wherever possible.
Squash and Racquet Ball Courts	• Where not playing with family members, participants should play within a mini-league. • Encourage participants to bring their own clean equipment. ○ Where equipment is rented, operators should clean and disinfect between uses.
Gymnastics and Rock Climbing	• Establish appointments and designate climbing times to ensure physical distancing can be maintained. • Climbers and gymnasts should be asked to thoroughly wash their hands before and after using shared equipment (e.g., climbing holds, beams, rings). • Many surfaces in these settings cannot be effectively sanitized. Facilities may consider modifying training to limit the number of surfaces handled by participants. ○ Encourage climbers to clean hands immediately prior to and after use. • Remove any self-serve chalk bowls and require participants to bring their own chalk. • Remove mats and other equipment that is torn or in disrepair as these items cannot be effectively sanitized. • If gear or equipment rental is permitted, ensure it is cleaned and disinfected after being returned. • Enhance the frequency of cleaning of handholds, rings, bars and other frequently handled surfaces.

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	• Consult the Alberta Gymnastics Cleaning Guide for specific instructions on how to clean equipment.
Arena Sport (Figure Skating, Ringette, Hockey)	• Ice use should be limited to organized activities (e.g., figure skating, hockey, ringette). No more than 50 people can be on the ice/boxes at the same time. This includes referees and coaches, but does not include spectators.
Multi-use Gymnasiums, Fieldhouses and Community Centres	• Total number of spectators in a gymnasium setting should not exceed **100**. • If different activities are conducted in the gymnasium setting, cohort groups should be kept separate. Physical barriers (e.g., curtains) are recommended if possible. ○ Participants of different activities should not mix with other activity participants. • Organized court sports (e.g., volleyball, basketball, badminton, pickle ball) may occur with mini-leagues. • Players should follow marked one-way traffic patterns when entering and exiting the gymnasium. • Gymnasium floors should be thoroughly cleaned at an enhanced frequency.
Martial Arts, Mixed Martial Arts, Wrestling, Boxing	• For any activities with close and sustained contact between participants, cohorts should be used to the greatest extent possible. ○ For this setting, cohorts should be comprised of those from the same weight class or skill level. • Remove any mats or equipment that is torn or in disrepair, as these items cannot be properly cleaned and disinfected.
Personal Training /Coaching/Nutritional Consultations	• These services should continue to be offered virtually, or outdoors, if possible. • In-person sessions should allow for physical distancing or barriers between the client and trainer. If this is not possible, the trainer should consider wearing a mask.
Pool and Aquatic Activities (Swimming, Diving)	• Consult the Guidance for Swimming Pools.

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3.0 Facility Considerations

General	• This guidance should be used in conjunction with any additional applicable guidance on the Alberta Biz Connect website.
	• Wherever possible, activities should be re-located to outdoor settings.
	• Facility ventilation systems should be both operational and appropriate for the activities practiced within.
	  ○ Facility owners may wish to consult with an expert in Heating, Ventilation and Air Conditioning (HVAC) for assistance.
	• Support healthy indoor air quality by:
	  ○ Discouraging use of scents to prevent sneezing and coughing.
	  ○ Maintaining appropriate humidity levels.
	  ○ Limiting the casual use of overhead ceiling fans or portable pedestal fans as much as possible. If fans are used, minimize air flow that directs current from one person directly toward another.
	  ○ Air filters used in ventilation systems should consider MER-14 or High Efficiency Particulate Air (HEPA) rated filters.
	  ○ Discard air filters carefully to prevent the discharge of viral particles.
	• Provide natural ventilation by opening windows and doors wherever possible to increase air flow.
	• Designate a responsible person to oversee activities to ensure public health guidelines are followed.
	• Consideration should be given to how to appropriately include or accommodate vulnerable persons such as seniors, those with disabilities and persons with compromised immune systems.
	  ○ Examples include reducing attendance, offering virtual methods of engagement and dedicating certain rooms/times for those at greater risk.
	  ○ Instructors/responsible persons may not know who is an at-risk person, so consideration may be given to beginning high-intensity group physical activities with a reminder that there may be increased risk of transmission in these settings, and spacing guidance should be carefully followed.
	• Remove unnecessary communal items such as candy, magazines and complimentary phone chargers. Where disposable water cups

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	are provided, place a garbage receptacle close by for any used cups. • Indoor child play centres remain closed at this time.

Staff and Volunteers	• Assign equipment and supplies to individual staff members and avoid any unnecessary sharing.
	• All Albertans must follow CMOH Order 05-2020, which establishes legal requirements for quarantine and isolation.
	  ○ Anyone with symptoms of COVID-19; with a history of international travel in the last 14 days; or with close contact with a confirmed case of COVID-19 in the past 14 days must remain at home.
	• It is recommended that all staff be knowledgeable with respect to how COVID-19 is transmitted.
	• It is suggested that facilities designate a responsible person to ensure public health guidelines are followed (e.g., watching for adherence to physical distancing).
	  ○ The responsible person should not be someone engaged in other critical duties (e.g., referee, lifeguard).
	• Encourage hand hygiene among staff.
	• Staff should wear masks when they are not separated by a physical barrier or 2 metre distance from participants. Other personal protective equipment may be appropriate depending on the task being performed (e.g., First Aid or resuscitation).
	• When facility staff are transferring a participant with a disability in and out of equipment, or assisting caregivers with an activity, both the staff member and participant should wear masks whenever a 2-metre distance cannot be maintained.

Points of Entry and Controlling Access	• Physical barriers are recommended to separate front-desk attendants and patrons. • Provide hand sanitizer (60% alcohol or higher) at entry and exit points, and encourage patrons to also bring their own. • Limit physical contact by using online payment and registration or hands-free check in. If wrist-bands are required, the operator should use self-applied bracelets and advise patrons to remove them once they arrive home. • To promote distancing, facilities should consider reducing capacity in each room, venue, court, pool or ice surface in the facility. • Consider using a booking system that sets out specified activity durations (e.g., 1 hour workout periods, 90-minute ice times).

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	• Request that participants arrive no more than 5-10 minutes before their appointment or game. Coordinate appointment or game times to avoid crowding and reduce wait times. • Encourage patrons to limit their time spent in the facility and to maintain physical distancing when returning to vehicles or homes.

Sanitation, Cleaning and Disinfecting	• In addition to routine facility cleaning protocols, increase frequency of sanitation of high traffic areas, common areas, public washrooms and showering facilities as well as commonly touched surfaces and shared equipment (such as water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment handles and consoles).
	  ○ A written cleaning and disinfecting schedule is recommended. Encourage staff to document the time a specific area is cleaned.
	• Increase the frequency of cleaning of gymnasium floors to reduce the risk of transmission from shared objects (e.g., balls) and those who use wheelchairs.
	• Provide hand sanitizer throughout the facility and ensure that hand washing sinks are fully stocked with soap and paper towels.
	• Follow the cleaning and disinfecting guidance in the General Relaunch Guidance and AHS' Public Health Guidelines for Environmental Cleaning of Public Facilities during Respiratory Illnesses in the Community.
	  ○ Follow the disinfectant label instructions for use.
	  ○ Consult the manufacturer's instructions before applying disinfectant to any potentially sensitive equipment in the facility (i.e. touch pads, electronics).
	• Ensure that used cleaning supplies are properly disposed of in a lined waste bin that is emptied at least daily.

Locker Rooms and Change Rooms	• Facilities should discourage the use of locker rooms and change rooms whenever possible. • Set capacity limits for locker rooms and adjust lockers to support physical distancing. • Clean and disinfect surfaces, sinks and toilets regularly. • Remove self-serve and common-use items such as hair dryers, cotton swabs and disposable razors.

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Physical Distancing	• Participants and spectators should maintain a distance of 2 metres in lobbies, change rooms, multi-purpose rooms, free-weight areas and while off the field of play (players' bench, bleachers, etc.).
	  ○ For high intensity physical activity (e.g., rows of treadmills and elliptical machines), consider physical barriers or at least three metres distancing between equipment.
	• Wherever possible, promote physical distancing by:
	  ○ promoting one-way traffic flow to avoid individuals from inadvertently interacting;
	  ○ placing stickers or signage on the wall/floor at 2 metre distances;
	  ○ spacing seats, or assigning seating, at 2 metre distances;
	  ○ limiting classes and group fitness to cohort groups only (e.g., assigned class times).
	• Facilities should develop procedures that allow for uncongested drop off and pick up of participants. (e.g., drive-thru lanes for pick up and drop off of sport participants, dedicated entrances and exits for incoming and outgoing sport teams)
	• Common area chairs and tables should be stacked, roped off or removed from the area to promote distancing.

Participant Hygiene	• Encourage participants to bring their own equipment to the facility. Wherever possible, limit the use of shared equipment unless participants engaged in the same activity are from the same household.
	  ○ Participant-owned equipment, including sport gloves, should be visibly clean.
	  ○ Equipment handled by hand or head (e.g., tennis balls, basketballs, soccer balls) during play should be frequently cleaned.
	• Where rental equipment is provided, it should be assigned to one person only and be cleaned and disinfected upon return. Do not use equipment that cannot be disinfected.
	• Participants should not share any personal items (e.g., water bottles, towels).
	• Encourage participants to perform frequent hand hygiene before, during and after the activity.
	  ○ Participants can be encouraged to carry and use their own hand sanitizer.
	• Participants should refrain from touching their eyes, nose, mouth and face.

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	• Encourage participants to exhibit good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
	• Communicate to all participants (coaches/staff, instructors, officials, participants, and their guardians, volunteers) about the risk of COVID-19 and practices that should be undertaken to mitigate risk.
	  ○ Communication platforms could include online registration forms, rental contracts and automated telephone switchboards.
	• The use of highly visible posters that remind attendees to practice respiratory etiquette and hand hygiene is strongly encouraged (e.g., entrances, washrooms and staff rooms).
	  ○ Posters are available here.

Equipment	• Reconfigure fitness equipment (e.g., weight machines) to promote physical distancing. Consider installing physical barriers between equipment wherever increased distancing is not possible. ○ It is strongly recommended that both physical barriers and at least 3 metres of distance greater distances be placed between equipment used for high intensity activities (e.g., treadmills, stationary bikes) to lessen the likelihood of transmission from higher exertion. • Have processes to ensure enhanced cleaning and disinfection of shared fitness equipment between each use by having readily available supplies and cleaning reminders and instructions located in accessible places. Facility staff should ensure that cleaning occurs between uses.

Screening & Response Plan	• Consider implementing active screening of attendees (where applicable) and staff for symptoms of fever, sore throat, cough, runny nose or difficulty breathing.
	  ○ Operators may choose to use Alberta Health Daily Checklist.
	  ○ The Alberta Health Services COVID-19 Self-Assessment tool can be used by attendees.
	• Any participant that is exhibiting any symptoms cannot enter the facility or participate.
	• A rapid response plan sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.
	  ○ Operators should develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings.
	• Staff should be familiar with and follow the rapid response plan if an attendee starts feeling symptoms during a shift. This should include:
	  ○ Immediately isolating the attendee from others.

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	○ Cleaning and disinfecting all surfaces that may have come into contact with the symptomatic attendee. ○ Requiring hand hygiene and masking of the attendee. ○ The attendee must isolate as soon as possible.
Facility Amenities / Food and Beverage	• Food service providers are required to follow the *Food Regulation* and *Food Retail and Foodservices Code* and existing occupational health and safety requirements. ○ Operators should also follow the COVID-19 General Relaunch Guidance and the Restaurants, Cafes, Pubs, and Bars Guidance • Ensure vending machines are cleaned frequently, in particular touch keypads.

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COVID-19 INFORMATION

GUIDANCE FOR FOOD CATERING

Overview

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with the COVID-19 General Relaunch Guidance, this guidance, and any other applicable Alberta Health guidance found at: https://www.alberta.ca/biz-connect.aspx.

This document has been developed to support food catering operators in reducing the risk of transmission of COVID-19 among attendees (including workers, volunteers, patrons and the general public). The guidance provided outlines public health and infection prevention and control measures, specific to these settings. Additionally, caterers continue to be required to follow the *Food Regulation* and *Food Retail and Foodservices Code*.

This document and the guidance within it is subject to change and will be updates as needed. Current information related to COVID-19 can be found: https://www.alberta.ca/covid-19-information.aspx

COVID-19 Risk Mitigation

Event Planning	• Confirm with clients that the total number of attendees (including guests, catering staff, etc.) will not exceed the gathering restrictions. • Advise clients that the service of food should only be done by table service or by having catering staff serve clients directly in a walk-through fashion. Catering operators should not be providing “self-serve” buffets and “family-style” meals.
Public Health Measures	• Wait staff, servers and food handlers who work without a physical barrier between them and others when a two metre distance cannot be maintained should wear a non-medical mask. • Staff should perform hand hygiene frequently. • The frequency of cleaning and disinfection of frequently handled items should be enhanced. ○ If menus are used, consider a posted menu, or paper menus that are discarded after single use. • Where reusable menus are used, they should be cleaned and disinfected between handling by different persons. • Any items (e.g. chairs, tables, centre-pieces, decorations) provided for guest use must be cleaned and disinfected, laundered or discarded after the event.
Table Service	• There should be no shared containers or dispensers for food, beverages or condiments that are accessible by guests. • If table service is being used for any portion of the meal, consider the following guidance:

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	○ Encourage guests to wash their hands or use hand sanitizer with at least 60% alcohol content when entering and leaving the dining area. ○ Do not supply shared table condiments (salt and pepper shakers, ketchup, hot sauce, etc.). Use single serve items or have servers dispense upon request. ○ Do not pre-set tables with plates, napkins, glasses, and utensils and cutlery. ○ Use rolled silverware. The person rolling and placing the silverware must follow good hand hygiene practices.
Walk-through Service	If walk-through service is being used for the food services, consider the following: • Guests should not be permitted to self-serve. Food items, including beverages and condiments, should be served to guests by catering staff. • Regulate the flow patterns of people through the line with designated “in” and “out” areas. ○ Place hand sanitizer with at least 60% alcohol content at the start of the line. ○ As alcohol-based products are flammable, be mindful to keep hand sanitizer away form heat sources. • Prevent line-ups wherever possible by calling up certain tables at a time. Where lineups are unavoidable, ensure that guests can maintain physical distancing while waiting in line. ○ Provide markers for physical distancing in areas where lineups occur. Keep lineups at least two metres away from dining areas. • While not required, guests may wear non-medical masks when going through line ups if they choose. ○ Refer to Alberta Health’s public masking guideline.
Food Delivery	If the catering services only include delivery and/or setup of food, consider the following guidance: • All food items should be individually pre-portioned, packaged and labelled. • If appropriate, consider packaging full meals into a single container or plate. ○ For example: sandwich, side and condiments in a single container, labelled with the contents.
Dining Areas	• If the catering company is responsible for the dining area: ○ Arrange tables and chairs so that a two metre distance is maintained between the outer perimeter of chairs at each dining table. ○ Physical barriers may be installed where tables cannot be adequately separated. ○ Aisles should be wide enough to allow room for people to maintain physical distancing. Consider using one-way traffic flow to help maintain distancing. • Prior to the event, cover chairs and tables with a freshly laundered covering, or thoroughly clean and disinfect each chair and table. • Encourage the use of assigned seating to minimize multiple persons using the same chairs and place settings. This reduces the potential for transmission and the need for cleaning and sanitizing during the event.

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