



Morinville Leisure Centre Team Guidelines

Landrex Arena

We would like to welcome all U-18 teams to the Morinville Leisure Centre (MLC) once again. We are excited to have you back to practice. As a community we need to make sure everyone is safe so we can continue to participate in sport and recreation activities. As we keep moving forward, we ask everyone to be respectful and follow the Team guidelines. **No spectators will be permitted at this time.**

Landrex Arena Teams:

- All athletes will be dropped off at the front doors and will proceed inside the MLC.
- To the extent possible, attendees should arrive dressed and ready to participate. Access to dressing/locker rooms should be limited wherever possible to washrooms and emergency access (e.g., first aid).
- **Masks are mandatory in all indoor public places, except during the training activity. Coaches and trainers must remain masked at all times.**
- **Youth group training is not a cohort. Distance must always be maintained in these groups.**
- Each team has **30 minutes prior to their booking** time to get ready for their practice.
- The coach/trainer must check in at Guest services to:
 - ✓ Sign their team in
 - ✓ Pick up the dressing room key
 - ✓ Confirm the health screening for the team is clear. **Health screening is the responsibility of the coach/trainer. Please do this prior to arriving at the MLC.**
 - ✓ Confirm the number of individuals in your group (**Maximum of 10 total individuals, including all coaches, trainers and participants**)
- If a parents/chaperones/volunteers are required to be in a facility for the purposes of assuring that clients/minors are safe, those individuals are included in the **10 total people**.
- Players entering the building should check the Dressing Room Assignment Board to see what dressing room is allocated to their team. They **MUST** go directly to their assigned dressing room.
- No congregating in lobby or atrium. Please leave pathway in and out of building and hallways clear for other users.
- Each team has **30 minutes prior to their booking time** to get ready for their practice.
- Inside the Dressing Rooms:
 - ✓ 10 individuals allowed between the bench and the dressing room with 7 individuals within the dressing room at one time
 - ✓ Masks will remain with a 2-meter physical distancing between individuals
 - ✓ Access to toilets and sinks are available.

- ✓ Minimize time spent in dressing/locker/change rooms and they should be only used for final preparations to enter the training area (e.g. putting on skates and goalie gear).
 - o Team gatherings and meetings are not permitted in locker rooms.
 - o Team meetings such as practice planning, white board sessions, etc., should be done virtually.
- ✓ If dressing rooms are required to complete final preparation, access should be limited to the individuals participating in the permitted activity and two metres physical distancing must be maintained between participants. If support is required, only one household (i.e., parent) should be permitted access at a time.
- ✓ No showering.
- ✓ No food.
- On the ice:
 - ✓ Lessons, practices and conditioning activities are allowed for indoor team-based, minor sports/activities and school athletics.
 - ✓ Maximum of 10 total individuals, including all coaches, trainers and participants on a full ice **OR** Maximum of 20 total individuals, including all coaches, trainers and participants with a maximum of 10 individuals on each half of the ice.
NOTE: School Hockey Academy's are an exception to the number of individuals (Ref: Cohorts or Groups of the [Guidance for Sport, Physical Activity and Recreation – Path Forward, Step 1](#))
 - ✓ 3 – meter physical distancing must be maintained between participants at all times.
 - ✓ Coaches **cannot** circulate between groups and groups can not transition between trainers during a session (i.e. no circuit training).
 - ✓ Coaches or trainers may enter physical distancing space for brief interactions with participants (for example, to correct form or technique).
 - ✓ Participants must be masked at all times, except during the training activity. Coaches and trainers must remain masked at all times.
 - ✓
- Each team has **30 minutes after their booking time** to clear out of the dressing room and exit the building. **Masks are mandatory in all indoor public places.**
- Proceed to the South East exit doors by following the one-way traffic markers and exit signs.
- Teams will cross the Zamboni path when exiting the building. Please watch for the Zamboni crossing and wait if needed.

For more information on the mandatory province wide restrictions please visit <https://www.alberta.ca/enhanced-public-health-measures.aspx#PathForward>

For more information on the Guidance for Sport, Physical Activity and Recreation – Path Forward, Step 1 please visit: <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

If you have any questions please call the MLC Front Desk at 780-939-3450 or email community@morinville.ca