



Guidelines & Restrictions

Department of Recreation and Community Services

COVID 19 - Alert Level 2

Updated as of April 1st, 2021.

The Paradise Double Ice Complex will be re-opening as of Monday, March 29th, 2021. To keep operations moving forward, all renters must adhere to the health guidelines and restrictions outlined by the Government of Newfoundland and Labrador, Department of Health and Community Services, as well as the Restrictions and Guidelines put forth by your Provincial Sports Organization.

The Town of Paradise has readjusted operations accordingly to ensure the Provincial Government guidelines and restrictions are followed. The following guidelines and restrictions below are to be always adhered to. **NO EXCEPTIONS.**

Rental Guidelines

- All renters are required to complete the following documents prior to confirming any rental.
 - **Facility Rental Agreement** is to be signed by a member of your executive, as no group will be permitted to use Town Facilities until the document is signed and returned to the Department of Recreation and Community Services. Please ensure you carefully read through our Agreement as some areas as mentioned have changed and/or been updated.
 - **COVID-19 Waiver Form** is to be completed by **ALL** participants within your respective program before using a Town Facility.
 - To use Town Facilities, each Group will be required to obtain valid **General Liability Insurance (GLC)** up to \$2M in coverage and are to provide the Town with a copy of the certificate.
 - Team practice and training is permitted to resume, and intra-squad competition (involving members of the same team) is permitted.
 - All other competition (inter-division, inter-league, inter-association) would be to submit a **Return to Sport Plan** to the Department of Tourism, Culture, Arts and Recreation (michellehealey@gov.nl.ca) prior to competition being permitted.
 - All approved **Return to Play Plans** are to be submitted to the Department of Recreation Administrative Assistant prior to the start of your rental.

Guidelines and Restrictions:

All Facilities/Buildings

- **All** Rentals, Activities & Program offerings are required to use main entrances and exits only at all Facilities. The Paradise Double Ice Complex acts as the main entrance and exit for the entire Complex, including the Community Centre. The Paradise Double Ice Complex is located at 1 Sarah Davis Way.
- There will be physical distancing arrows on the floors near entrance/exits and other appropriate signage to remind visitors of social distancing.
- Participants are to arrive **no** earlier than 10 mins prior to the activity/rental time.
- Participants are required to arrive completely dressed and ready for their activity.
- Dressing/change rooms/showers will **NOT** be operational at this time.



- Each group is responsible to ensure their participants follow all additional guidelines or restrictions further to the Provincial Government that are put forward by your Provincial Sports Organizations, if applicable.
- User groups **must** monitor/manage areas to ensure physical distancing, as needed.
- Participants (5 years of age or older), employees, volunteers and coaches are to wear a non-medical mask when not engaged in physical activity and while moving throughout the facility (e.g. in common spaces, washrooms, on the bench, scorekeepers box, lobbies, hallways, etc.).
- Volunteers, participants are required to stay home if they are unwell or symptomatic.
- Organizers/Renters are to maintain a record of all participants/coaches/sport officials/supervisors/care or respite workers, participating in each activity. Attendance records should be stored for 14 days, to assist with contact tracing, if needed by the Town. If the Arena has organized the event, then this responsibility lies with the arena.
- Public washrooms in all facilities are open for use.
- Skate Sharpening Services will be open for use and following all applicable guidelines.
- Canteen Matters and Vending Machine services are currently not operational.
- Daily Cleaning log sheets are maintained and are available for public view.
- Only Touchless water bottle filling stations may be used. Participants must bring their own water bottles and not share with other participants. Other Indoor water fountains/stations are **not** to be used.
- As soon as each rental concludes, participants are required to immediately to exit the building, while maintaining social distancing. Participants are **NOT** permitted to linger within the Facility.
- Social events post activity/rental/program is **NOT** permitted.
- **NO** outside food or beverages are permitted at this time within any of the Town Facilities.
- Athletes and coaches are reminded to keep their number of close contact's low. Individuals may consider participating in one sport and/or one team during Alert Level 2. For individuals who are members of more than one sport/club/team, individuals should consider limiting their number of contacts (including social contacts), but they may continue to participate on both sports/clubs/teams.

Paradise Arenas

- Dressing Rooms and showers will **NOT** be available for use at this time.
- A reminder that all participants are to arrive completely dressed and ready for their respective activity.
- Where there are multiple ice surfaces, (Rink A & B) multiple user groups may engage in activity with a maximum of 50 individuals within each rink if social distancing can be maintained. This includes all participants on the ice surface, referees, coaches, and spectators, 2 Rink Attendant Staff and 1 Security Personnel. Therefore, each group/rental, not including Town Personnel and Security, will be allowed a total of **47 individuals**.
- It is the responsibility of the renter to ensure that the group does not exceed the limit of 50 individuals total within your assigned Rink.
- Lingering within the lobby is not permitted.
- Spectators will have designated seating areas/bleachers available and **MUST** always keep at least 2 meters within different household bubbles.
- Leaning, standing, or loitering along the glass of the ice surface is **NOT** permitted.
- Masks will be required at all times, except for those participating in on ice physical activities.
- No Tournaments will be permitted at this time.

Fitness Centre

- Members are to schedule their hour session(s) prior to arrival either online, through the client app, or via phone at (709)-782-6290.



- A reminder that members are not to enter into the Facility no earlier than 10 mins prior to the start of your 1 hour gym session and are required to immediately exit following the session.
- Showers and lockers will **NOT** be available for use at this time.
- Washrooms and change rooms are permitted for use.
- Patrons are required to arrive at the facility completely dressed for their respective activity/session.
- A minimum of two metres or six feet between patrons is required when possible.
- All participants are to wipe down all equipment before and after use.
- Free or open floor space is **NOT** permitted for use at this time.
- Masks are to be worn at **ALL** times when moving throughout the Fitness Centre, washrooms, common areas and/or switching equipment.
- Masks are also encouraged to be worn during low impact activities.
- Touchless Water Refill Station within the Fitness Centre is permitted for use.
- Members are not to bring personal equipment.

Indoor Recreation Activities/Meetings

- Indoor recreation program offerings are permitted to proceed as long as groups follow room capacity guidelines.
- Each room is permitted to hold 50% of the room capacity up to 50 people maximum, including participants, staff and volunteers.
- Spectators are **NOT** permitted at this time outside of rentals within the Paradise Arena Rink A or B.
- Therefore, **ALL** rentals/groups are to follow the drop off and pick up procedures for indoor recreational activities/rentals:
 - It is the responsibility of the renter to have a member of their group, located at the main entrance of the Paradise Double Ice Complex during any participant drop offs and pick up.
 - Upon arrival, initial check in at Reception is **required** by each group, in order to be assigned a Card/Key/Code in order to access the designated rental area.
 - It is the responsibility of the renter to have an **appointed member** to be the holder of the card/key/code in order to be able to grant access for other participants into the Community Centre side for their activity.
 - Access doors are **not** to be wedged or held open.
 - For more information on Facility Access, please contact the Administrative Assistant at chynes@paradise.ca.
- Washrooms and change rooms may be used during Alert Level 2, as long as physical distance is maintained.
- Showers are **NOT** permitted to be used at this time.
- Water Foundations/Refill Stations outside the Gymnasium is **NOT** permitted to be used.
- Water bottles or food items should not be shared.
- Individuals may supply their own equipment and refrain from sharing pieces of recreation equipment, unless the equipment can be cleaned and disinfected after use and proper hand hygiene protocols are in place.
- If recreation or sport equipment is supplied to participants, all equipment must be sanitized before and after activity by the renter.
- Materials such as pens/pencils, score sheets, activity sheets or other supplies etc. should not be shared and should be sanitized (pens/pencils) after each session.
- Seating in multipurpose spaces, should have tables placed at least two metres apart. Once participants have been seated for the activity, they should refrain from switching seats or tables.



- Table supplies should remain at the table and not be shared or transferred among other groups.
- If microphones are required, they should either be sanitized between users or not be shared.
- While singing may have contributed to outbreaks of COVID-19 associated with choirs, the degree to which this activity contributed to passing the virus to others is uncertain. As a precaution, group singing and playing brass/wind instruments in a group is not recommended. If such activities must occur, they should be performed by as few individuals as possible, who are positioned at least 12 feet from each other and other staff or volunteers.

Disclaimer

This information provided by the Town of Paradise is not to be used as a substitute for the Official guidelines and restrictions that are put forward by the Provincial Government. The Town's reserves the right to changed and/or updated this document at any given time based upon the most up to date COVID-19 Government Guidelines without any notice. Should any changes be made to this document, you will be promptly updated.