**PEMBINA PLACE**

**ARENA USER RULES AND GUIDELINES**

1. Introduction

As we welcome the return of hockey for the 2020 – 2021 hockey season under the new normal, we are excited to welcome every back to enjoy hockey once again, and look forward to seeing all new, and old members of our association. The guidelines and rules outlined below will help ensure the return to hockey will be a safe environment for those involved. As we progress into the start of the development season while many things will seem the same, we have implemented several new rules and guidelines that will help ensure everyone’s safety when inside Pembina Place.

1. General
   1. All Alberta Health Services (AHS) health and safety recommendations must be followed.
   2. All facility users should practice strict proper hand hygiene while in the facility, including before and after training. If possible, participants are encouraged to carry hand sanitizer with them and refrain from touching their face.
   3. If a participant does not feel well, has aa fever, upset stomach, headache or a cold (running nose, sore throat, cough, etc.) they must stay home and should inform their coach and or/ team manager.
   4. Any parent, guardian or accompanying family member (sibling, grandparent) who is not feeling well must not enter facility or attend a session.
   5. AHS is strong encouraging Participant’s (parents) to download and activate the AHS **ABTraceTogether** mobile measures. Will assist your player (and family) to me made fully aware if they have at a facility where a confirmed case of COVID-19 has recently been detected, and to protect the safety and wellbeing of your (and all) children who are participating.
   6. It is important that while in the facility whether as a participant or observer that you **MUST** maintain social distancing (2 Meters Minimum) and limit congregating in groups. If you are unable to maintain social distancing, then AHS recommend that you wear a mask.
   7. If players, coaches and parents do not comply with distancing protocols, players or groups **WILL** be asked to leave the facility immediately.
2. Facility Access (Ice Surface)
   1. Arrive at the facility no more than 15 minutes prior to your ice time.
   2. When using the ice surface either as a participate or parent/guardian, you must enter the facility using the doors at main Pembina place entrance that enter directly where the front lobby connects
   3. Only **one parent/guardian** can accompany a participant to the hallway where dressing rooms are located at this time. Siblings of players, additional parents and grandparents **are not to attend** to reduce the number of entrants into the participants hallway at any one time. Exceptions include participants who have a parent that are coaching the on-ice session and infants.
   4. Upon entering there be a hand sanitizer station set up for on-ice participants and parents to use.
   5. After sanitizing both participant and parent will check in for their sport specific screening process (check sheet) with coach, team manager, or with designated volunteer
   6. Participants may now head to their allocated dressing rooms and parent/guardian can enter the arena via entrance located behind timebox, and up to stands. This only applies to the parent/guardian assisting in the dressing room. For Spectators never going to dressing rooms they will have to use the grey doors in lobby for entrance to bleachers.
   7. Parent/Guardian staying to watch the on-ice session must do so from the arena bleachers, and should not return to the lobby, or front entrance at any time until end of ice slot.
   8. Please limit touching of high touch-point surfaces and ensure you are following the appropriate hand washing, sanitization procedures and frequency **AT ALL TIMES**.
   9. When on-ice session is complete please exit the dressing rooms as soon as possible (no longer than 10-15 minutes) exiting through the door directly **SOUTH** (At the end of the dressing room hallway towards the outdoor rink) you will not be allowed to exit through the main lobby doors
   10. All participants, coaches, and parents are strongly encouraged to utilize their own washrooms facilities at home (before and/or after an ice session) in order to reduce touch points and transmission risks.
   11. Social Distancing on entrance and exit is required
3. Dressing Rooms
   1. Participants will have access to dressing rooms approx. 15 min prior to their ice session.
   2. Each ice session will be allocated 1 dressing room (night 1 – yellow, red, black) (night 2 – orange, purple, copper)
   3. Dressing rooms will be limited only to team of max 15 players with specific seating spots in each room to ensure social distancing is maintained
   4. If team has more players than allotted max, second dressing room will be used to accommodate the remaining players.
   5. There will be no access to showers in the dressing rooms.
   6. Parents are not permitted into dressing rooms except if required to tie skates, help with helmet, and gloves. SOCIAL DISTANCING PROTOCALS MUST BE ADHERED TO – if parents do need to enter the room, no more than two (2) parents shall be present at any one point in time and must be wearing a mask. Coaches shall be asked to help tie skates to reduce number of parents entering dressing room.
   7. Should participants require addition parental assistance to get dressed they may get dressing a designated seating spot (location to determined when needed)
4. Players
   1. Participants shall remain in designated dressing room area until the coach advised them to come out to the ice surface. Social distancing (6’ separation should be observed when exiting/entering dressing rooms, and in hallway to ice surface).
   2. Water bottles must be filled at home, should be clearly identifiable and should be washed at home after every ice session. NO SHARING OF ANY WATER BOTTLES.
   3. Water bottles must be able to be open/closed, and used by players, as coaches will not be able to help with water.
   4. Participant water bottles must be placed on designated dasher board locations. Participants are encouraged to spread out and use dasher boards on both benches
   5. NO SPITTING!
   6. Dressing at home is **MANDATORY** for all participants, 15 min will be max allowed to use dressing room prior to scheduled ice time, if you are arrive fully dressed or not.
5. Coaches
   1. Do not bring participants out of their dressing rooms until such time as the ice surface is ready (Arena staff have closed Zamboni gates).
   2. Coaches may get changed either in the penalty box area, or in a specific spot in the official’s change room. For younger ages, coaches may get dressed in dressing room if spots allow.
6. Parents
   1. Do no congregate in the viewing area. Upon completion of the screening please go direct to the arena and find designed seat.
   2. Parents can be seated in designated seating in the bleachers, must ensure a minimum of 6’ between yourself and other spectators. Exception for family cohorts.
   3. Mask are to be worn in viewing area.
   4. Upon Conclusion of your participates ice session please immediately exit facility, using located SOUTH end of the dressing room hall way, and wait for your participant in the gravel parking lot on the south side of the facility by outdoor rink.

**Thank you!**

**If you have any questions, Contact**

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