

Parent Information
What to Know Before you get to the Rink!

Arenas are opening in a phased approach and it will take a team to help create a safe environment for our players to get back on the ice. Thank you in advance for your cooperation and respect of the following regulations and expectations:

Arriving at the Facility

- All individuals must complete **and pass** the COVID -19 self-screening process before entering the arena.
- There will be a City of Ottawa greeter and an ORMHA Safety Officer at the door to ensure that contact-tracing information is collected and that self-assessments have been completed.
- All individuals entering the facility must be wearing a mask.
- All players must enter the facility wearing as much of their equipment as possible.
 - Goalies are permitted to put pads, etc. on when inside the arena
 - Skaters are permitted to put skates, helmets and gloves on when inside the arena
- While fountains will be open to permit the filling of water bottles, if possible, please have the participant arrive with a full water bottle.
- All facility protocols **must be followed** at all times.

Spectators (Parents, Guardians, etc.)

- Moving forward, **one** spectator per participant will be permitted into the facility.
- Spectators are required to keep their mask on at all times when inside the facility.
- Physical distancing rules must be followed at all times.
- All spectators must be wearing a mask at all times while inside the facility.
- Spectators **are not** permitted to enter the change rooms.
- Spectators are only permitted to enter the facility at the time the session begins and must leave the facility immediately following the session (e.g. when the Zamboni gets on the ice), unless providing assistance to a player (e.g. tying skates, assisting with goalie equipment).
 - The process for assisting a player is described below.
- Directional signage will guide spectators to the designated seating in the arena
 - No spectator may watch from any area other than the identified areas in the stands

Participants

- Players can enter 20 minutes before their scheduled ice time and must be out of the building 20 minutes after the ice time ends.
- For participants requiring assistance:
 - A spectator may accompany them into the arena.
 - The identified seating must be used to finish putting on their equipment
 - Once dressed (e.g. skates on) they must go to the assigned dressing room and wait for their ice time.
 - Player bags may be taken to the dressing room.
 - Spectators must leave the arena as soon as the player is ready and may only return at the start of the ice time.

- Players may only remove their mask once they are ready to go on the ice (i.e. are putting their helmets on).
 - Please ensure all players have a safe place to store their mask (e.g. zip-lock bag).
 - Masks remain in the change rooms while the player is on the ice.
- Players must put their mask back on as soon as they arrive back in the dressing room and take off their helmet after practice is over.
- Change room showers are closed. Toilets can be used if needed.
- There shall be **no spitting** at any time.

COVID-19 Screening

- As identified above, the COVID-19 screening assessment must be completed by any participant or spectator prior to entering the facility **each time** (and ideally prior to arriving at the facility).
- Should a participant or spectator develop **any symptom** while at the arena they will be immediately removed and must leave the facility.
- Please ensure all public health requirements are followed and **DO NOT** attend any ice session if:
 - Either the participant or spectator are experiencing **any** symptoms of COVID-19.
 - If anyone in the home is experiences any symptoms of COVID-19 that are not attributed to another condition (e.g. allergies)
 - If anyone in the home has been tested for COVID-19, but is still awaiting the results.
 - If anyone in the home has a confirmed case of COVID-19.

WARNING

Please carefully note that failure on the part of any spectator or participant to adhere to the identified protocols, as outlined by ORMHA, the City of Ottawa and/or Hockey Eastern Ontario, will result in immediate removal from the facility and possible revocation of membership for the remainder of the development phase.