

1. Introduction

This document will guide staff and users of the Gimli Recreation Centre to ensure the safety of all. It will also serve to ensure facilities and user groups are in compliance with the current requirements mandated by the province of Manitoba.

Novel Coronavirus and COVID-19

COVID-19 stands for Corona Virus Disease. COVID-19 spreads through direct contact with the respiratory droplets of someone who is infected with the virus. These droplets can spread up to two meters/six feet. It may be possible for a person to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Symptoms of COVID-19 are like other respiratory illnesses including the flu and common cold. Common symptoms for COVID-19 include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, and loss of appetite although symptoms may vary from person to person. Some people may experience mild symptoms, while others have more severe symptoms. If you have COVID-19, or think you might have it, help prevent spreading it to others by self-isolating for 14 days from the start of your symptoms. If you are sick, stay home.

2. Protect yourself, Reduce your risk

- Self-assess using the interactive voice response format at 1-877-308-9038 or online at
- www.sharedhealthmb.ca/covid19/screening-tool
- Stay home if you are experiencing symptoms, even if they are mild.
- Always allow physical distancing of two meters (6ft) except brief exchanges and when they are actively participating or spectating in a sport or activity.
- Avoid congregating in shared areas, such as the lobby of the facility.

- Follow guidelines from sport organizations and facility site plans to minimize physical contact and risk of Covid-19 transmission between participants.
- All users must adhere to their Provincial Sport Association guidelines.
- Minimizing prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public.
- Avoiding greetings that involve touching such as handshakes.
- Disinfecting frequently used surfaces.
- Following public health advice related to self-isolation if you have travelled or have been exposed to someone ill with the virus.
- Considering avoiding travel, crowded places, and events if you are at higher risk.
- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way to reduce the spread of infection. If a sink is not available, you can use alcohol-based hand rubs to clean your hands if they are not visibly soiled. If they are visibly soiled, use a wipe and then alcohol-based cleaners.
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Do not share food, drinks, utensils, etc.
- Staff will be required to self-assess prior to each shift and masks will be encouraged.

3. Operating Plans

Gimli Recreation Centre – Arena

- Gimli Recreation Centre will comply with current health and safety standards as set out by the Provincial government as it relates to Covid-19 and will adhere to the most current regulations
- To ensure occupancy limits as mandated the main entrance will be the only entrance available.
- Staff will be in the facility when programs and rentals occur. One of the doors will be marked entrance only and one will be exit only.
- Signage will be available encouraging physical distancing as people are being admitted to the building.
- Participants and spectators are encouraged to complete the online self-assessment form.
- Participants will be directed to the assigned dressing room and only participants can access the dressing room area.

- Spectators will be directed through the lobby and will access the ice surface from there.
- Players, team staff, officials and spectators will not be allowed to congregate in small or large groups anywhere in the facility
- Additional cleaning will be implemented on high touch surfaces and washrooms.
- Shared use equipment will be removed, i.e. chairs, tables, lobby chairs and lobby bleachers.
- Additional hand sanitization stations will be available.
- Building will be locked when there is no community programming.
- Private rentals can occur with only participants accessing the building.
- User groups are required to self-assess participants and are required to keep participant contact information for 21 days after the rental.
- There is a strict no spitting policy. Any infraction of this policy may result in loss of rental.
- It is strongly recommended that outside users/rentals have their own insurance

Participants:

- Must follow the PSO guidelines if applicable.
- Following physical distancing requirement Dressing rooms have a maximum of 9 players.
- There will be an additional 2 chairs in the hallway for coaches if required.
- Participants must stay in assigned rooms.
- If a team requires two dressing rooms to maintain physical distancing then facility staff need to be notified 24 hours in advance of scheduled ice time to ensure availability
- If multiple dressing rooms are required teams will be in adjacent rooms, 1/2 and 3/4.
- Washrooms will be available on the lower level.
- Showers will be available but heads will be removed to comply with physical distancing protocols.
- Water bottle fill station will be available as it is touchless.
- Participants are encouraged to bring their own water bottles.
- Dressing rooms will only be available 20 minutes prior to ice time and participants must vacate the room within 20 minutes of the end of the ice time.

- Dressing rooms will be sanitized after every user group.
- All participants are encouraged to show up fully dressed, minus gloves, helmet, skates and mouth guard
- Participants will enter through the main door and proceed directly to the far (West) lobby door and down the stairs to the dressing rooms.
- Participants will exit by coming up the East stairwell, into the lobby and out the main lobby door.
- For community rentals no more than 24 total participants will be allowed on the ice, not including officials.
- Recommend not using benches and timekeeper box for non-game ice rentals.

Spectators

- Spectators will access the bleachers through the East lobby door.
- Additional signage will be posted reminding spectators of physical distancing.
- Every second row of the bleachers will be marked as closed to support physical distancing.
- Bleachers will be sanitized on a regular basis but not after every use.