

# RINK Protocol for Parents and Athletes

What to do before, during and after your game or practice!



## STEP ONE - PRIOR to the Start of the Season (Before FIRST Ice Event)

**ALL** forms **must** be completed and sent to CRA before the athlete may be permitted on the ice.

- Waiver of Liability – Adults – 2020
- Waiver of Liability – Youths – 2020
- Participation Agreement – 2020
- COVID-19 Assumption of Risk Waiver (19 years of age and above) - 2020
- Player Code of Conduct (U12 and under) or Player Code of Conduct (U14 and above)

You **MUST** bring your hard copy forms (signed in ink) to your first ice time on September 20, 2020. They will be submitted to the registrar prior to your athlete being able to participate. There should be **THREE** forms in total for youths and **FOUR** forms for adults (these forms can be downloaded from Karelo.com)

## BEFORE you arrive at the Arena

- Inform Team Manager (via TeamSnap) that you and your child will be attending. This must be done a minimum 7 days before the ice time.
- Self-assess for COVID-19 symptoms. If you have any of the symptoms, **DO NOT go to the rink**. Please stay home. You must not return to the rink until 14 days after the onset of the first symptoms.
- Symptoms 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.
- Change rooms are closed and athletes must arrive fully dressed (may tie skates and put on helmet/gloves at arena).
- Equipment bags are NOT ALLOWED inside the arena, however athletes may bring a small duffel sized bag. Valuables CAN be locked in a locker on site.
- There will be ABSOLUTELY NO sharing of equipment. For example, if your child forgets a neck guard, they will NOT be allowed to borrow one and will not be able to participate.
- Players must bring their own clearly labelled (first and last name) pre-filled water bottles. There will be no filling bottles or sharing water.
- Arrive at the rink no earlier than 15 minutes before the ice time. Players should do warm-ups at home.
- Only one parent/guardian may accompany a youth.
- Bring a mask.

## **WHEN you arrive at the Arena**

- Entry will be permitted 15 minutes before the ice time and LOCKED by the facility at all other times.
- Use only specified entrance doors.
- Use the markers outside and inside the facility to establish the 2-metre physical distance requirements.
- See the HOST (team manager or parent volunteer) at the entry to the arena to sign into the event and complete the Health Assessment (a table will be located inside the front entrance for rink 3).
- Stay with your child until they enter the arena.

## **WHEN you ENTER the Arena**

- Wear a mask.
- Sanitize your hands (this includes athletes and parents).
- Parents can assist their athlete with their skates/helmets but MUST wear a mask. Once your athlete is ready, parents must go directly to the designated seating area and maintain the 2-metre physical distance in the stands. Masks can be removed once in your seating area.

## **Upon COMPLETION of the Event**

- Parents/guardians leave the seating area as quickly as possible.
- Athletes must exit the ice at the designated exit in single file to an assigned area where they can remove helmets, gloves and skates only.
- Athletes must vacate within 10 minutes from the end of their ice time.

**\*\*\*Please do not congregate outside the arena or in the parking lot, you must gather your athlete and depart the facility\*\*\***

**If you experience any COVID-19 symptoms, refer to the Ringette BC Illness Policy and Follow Chilliwack Ringette Association's Outbreak Response.**

