



RE-OPENING PLAN

Phase 5

effective: 6 November 2020

Please know that we are committed to providing you with a safe environment that aligns with WorkSafeBC protocols to ensure that the risk of exposure to the virus that causes COVID-19 is always minimized. Our current re-opening plan is guided by local and public health authorities including the **Provincial Health Order issued October 27, 2020**. We know that this situation is constantly evolving and as such we are actively monitoring and advancing our solutions to ensure a continued focus on the health and safety of our guests, players, and staff.

Here are some protective measures we are taking to ensure the health and safety of everyone at CNC:

Increased cleaning

- Starting with our public spaces and high-traffic areas, we are going above and beyond our normal protocols. We are cleaning surfaces with increased frequency, dedicated staff, and all done by the recommended cleaning agents.
- The ice arena, fields and gyms will be cleaned and sanitized by staff following each group. There will be an increased break between users to ensure all high traffic touch points can be thoroughly sanitized. This includes all benches, players gates, dressing rooms, door handles, and washroom areas.
 - Ice: 30 minutes
 - Field: 15 minutes
 - Mission Fitness: 30 minutes

Hand sanitizer

- We have hand sanitizer available at the main entrance of the facility and in various locations throughout the facility. We encourage you to use it as you enter.
- All of our staff will be frequently handwashing throughout their shift as well.

Illness Isolation Room

- If you begin to feel ill and are not able to immediately leave the facility, please alert staff and they will take you to the illness isolation room. This room is located on the ground floor on the field side of the facility

Social Distancing / Touch Points

- The guided markers and signage in public spaces will remind our guests to maintain the physical distancing of 2 meters of at all times while in the facility.
- Doors have been propped open wherever possible or push-doors are available
- Water fountains and water bottle filler stations are not available

Entering the Facility

- The Capital News Centre is still closed to the general public. People entering must be attending one of amenities at our facility to limit the number of people in the facility and to aid in contact tracing measures.
- Please arrive on time, but not early and line up outside the facility in the marked, physically distanced spaces. Our facility host will welcome you in when it's time for you to enter:
 - Ice: 15 minutes before your scheduled session
 - Field: 5 minutes before your scheduled session
 - Mission Fitness: At the start of your scheduled time
 - Lifemark Sport Medicine / Library: As you arrive
- Please sanitize your hands upon entry and follow directional arrows and host's instructions.
- If you have recently travelled outside of the country and have not cleared the required 14 days of self-quarantine, or if you are experiencing any COVID-19 or flu-like symptoms, or if you have had any contact with someone who has COVID-19-like symptoms, **PLEASE DO NOT PARTICIPATE OR ENTER THE FACILITY.**

Facemasks / Face Coverings

- Facemasks or face coverings are required in all shared, public areas of our facility.
- For more details on this policy including exemptions:
https://www.capitalnewscentre.com/pdfs/cnc_mandatorymaskpolicy.pdf

Spectators

- There will be no spectators allowed at this time.
- In some instances, 1 parent/guardian may stay as an essential volunteer for younger athletes. Refer to 'Ice Rink' and 'Fields' specific guidelines for more details.
- Essential volunteers must stay in the designated locations

Washrooms

- Lobby washrooms are open for use by guests to the facility. They are not available to the general public.
- Some sinks and toilets have been shut down for use to allow for increased physical distancing

Exiting the Facility

- Please exit the facility as soon as possible after your session. Guest are asked not to congregate within the facility after sessions.
- Please exit the facility following marked pathways within the time limits:
 - Ice: 10 minutes. Main entrance push-bar doors
 - Field: 5 minutes. North end of building push-bar doors
 - Mission Fitness: Main entrance push-bar doors
 - Lifemark Sport Medicine: At the end of your appointment. Main Entrance push-bar door
 - Library: At the end of your visit. Library exit

Ice Rink Specific

- Dressing rooms are available for use. Showers are not available during this stage of re-opening.
- Face Masks are now required to be worn inside dressing rooms.
- Athletes using player benches are asked to sit in marked seating areas.
 - To mitigate the spread of COVID on the ice surface, **FULL EQUIPMENT** including helmets with cages/shields are recommended to be worn by all players.
 - All athletes must adhere to appropriate hygiene and handwashing protocols prior to playing and going on the ice.
 - Athletes should be social distancing from each other in all other shared spaces within the arena.
- **Outside of Cohort:**
 - **Ice Capacity:** a maximum of 22 athletes + 3 coaches/officials. No more than 25 total.
- **Within Cohort:**
 - Adults Groups (Approved Scrimmages) – A maximum of **25 participants per surface**. This includes 22 athletes & 3 officials. (No Spectators)
 - U9 (2012) & Under Minor Groups (**Practice**) – A maximum of **60 participants per surface**. This includes 28 athletes, 4 Coaches and 1 parent (essential volunteer) per athlete based on Association approval. Must be the actual parent (essential volunteer) of the athlete. These numbers are not interchangeable. (No Spectators)
 - U9 (2012) & Under Minor Groups (**Games**) – A maximum of **62 participants per surface**. This includes 28 athletes, 4 coaches, 2 on ice officials and 1 parent (essential volunteer) per athlete based on Association approval. Must be the actual parent (essential volunteer) of the athlete. These numbers are not interchangeable. (No Spectators)
 - U10 (2011) & Over Minor Groups (**Practice**) – A maximum of **36 participants per surface**. This includes 28 athletes, 4 Coaches, 1 safety person, 1 manager and 2 parents (essential volunteers) total are permitted based on Association approval. These numbers are not interchangeable. (No Spectators)
 - U10 (2011) & Over Minor Groups (**Games**) – A maximum of **65 participants per surface**. This includes athletes, coaches, safety persons, managers, timekeeper, scorekeeper, videographer & broadcaster & 4 parents (essential volunteers) total are permitted with Association approval. (No Spectators)
 - Figure Skating (**Sessions**) – A maximum of **60 participants per surface**. This includes 28 skaters, 4 Coaches and 1 parent (essential volunteer) per athlete **9 years or younger** (2012 birth year) based on Club approval. Must be the actual parent (essential volunteer) of the athlete. These numbers are not interchangeable. (No Spectators)

Participants & Volunteer Information

- Participants not involved in game play (approved essential volunteers, safety person, managers etc.) must sit or stand in the designated sections that are appropriately socially distanced from the next person.
- There are no in and out privileges for participants or parents (approved essential volunteers). If you leave during ice session you are unable to re-enter.
- There is no swapping of participants or parents (approved essential volunteers) during your ice session
- At no session can an athlete have more than 1 parent (approved essential volunteers) and no siblings.

Leisure Rink Specific

- Benches and chairs inside the Leisure Rink are available to put skates on.
- Leisure Rink is for skating only. Pucks, balls or other projectiles are not permitted on the ice.
- **Maximum Capacity:**
 - **Development Session:** 6 athletes, 1 coach. No More than 7 total.
 - **Leisure Skating:** 10 skaters

Fields Specific

- Dressing rooms are not available for use during this stage of re-opening.
- Athletes using player benches are asked to sit in marked seating areas.
 - All athletes must adhere to appropriate hygiene and handwashing protocols prior to playing and going on the field.
 - Athletes should be social distancing from each other in all other shared spaces within the arena.
- Field bookings have been staggered to allow for cleaning/sanitation between groups
- **Outside of Cohort:**
 - **Field Capacity:** a maximum of 22 athletes + 3 coaches/officials. No more than 25 total.
- **Within Cohort:**
 - *Refer to 'Ice Rink Specific' guidelines for within cohort.*

Safety Ambassador Mandatory

- Each Ice or field group must appoint a Safety Ambassador for each team participating
- The team's Safety Ambassador will screen for illness prior to entering the arena including athletes, coaches, team officials, parents (essential volunteers), timekeepers, scorekeepers, and on ice officials.
- The team's Safety Ambassador **will meet the Host at the entrance door 15 minutes prior to the ice time.** If no Safety Ambassador is in attendance the group will be unable to enter the facility. It is the responsibility of the team's Safety Ambassador to manage the entrance door once the arena attendant has opened the entrance door. The Safety Ambassador must remain at the front entrance until all participants and officials have entered.
- The team's Safety Ambassador will maintain a record of names and phone numbers for those persons entering the arena. This information will be made available to the Public Health Authority upon request for the contact tracing purposes.
- The team's Safety Ambassador will enforce the facility and LSO guidelines.
- The teams Safety Ambassador must be visually identifiable

Boomers Bar & Grill Kelowna

- Boomers Bar & Grill has now re-opened. For guidelines, hours, menu and takeout options, please go to:
www.boomerskelowna.com

Mission Fitness Specific

- Please refer to Mission Fitness' website for specific guidelines and policies
www.mission-fitness.ca/covid-19-policy

Lifemark Health Specific

- Please refer to Lifemark Health's website for specific guidelines and policies
www.lifemark.ca/cnc

Library Specific

- Please refer to Okanagan Regional Library's website for specific guidelines and policies
www.orl.bc.ca/hours-location/mission

What's Next ...

We are committed to monitoring our operations regularly and will be updating our processes, as necessary. We will be closely following the recommendations from our public and local health agencies as well as taking valuable feedback from our guests, players, and staff.

We want to thank you for all your support and look forward to seeing you in our facilities again. If you have any questions or concerns, please do not hesitate to contact us at: jleung@capitalnewscentre.com