



Conditions to resume activities

If you wish to resume your activities, these measures must be put in place to ensure the resumption in the safest and healthiest conditions possible for all participants, employees and partners. We will follow the government guidelines and Hockey Quebec recommendations.

For information purpose, the maximum number of people on the ice is:

- **For a game: 22 (10 players + 1 goalkeepers per team).**
- **For training: 24 (20 skaters + 4 coaches).**

General instructions for each time block

- Each person entering the facility must wash their hands at the identified washing station (hydroalcoholic solution or water and soap).
- We strongly encourage skaters to arrive already wearing their uniforms.
- The Government of Québec has made it mandatory to wear a mask in closed public places. The Pierrefonds Sportplexé will therefore enforce this health rule as of July 18th.

No one can enter the facility without a mask.

Wearing a mask will be mandatory at all times, except in the following situations:

- When you are sitting in the locker room.
- When you leave the locker room and head for the ice.
- When you practice your sport on the ice.
- When you leave the ice and go to the locker room.

This obligation applies to all individual over the age of twelve (12), but we recommend wearing a mask for everyone.

The group leader or coach must:

Before the activity

- Welcome participants.
- Keep a register of their names and attendance.
- Assess physical condition.
- Strictly exclude people with symptoms of cough, fever, difficulty breathing or other symptoms similar to the coronavirus.
- In the event that a participant is declared positive for COVID-19, contact the players with whom he has skated.

During the activity

- Make sure to regularly remind participants of the rules of physical distancing.

After the activity

- Ensure that all participants and visitors leave the facility immediately after the activity, and this in accordance with the rules established by the facility manager.
- Allow a period of time to avoid group overlaps at the entry and exit.

Access to facility

- Limit the number of spectators. They will **only** be allowed on the 2nd floor and wear a mask.
- The showers in the changing rooms will have limited access.
- The people in charge and / or coaches must arrive 25 minutes before the start of the activity in order to supervise the participants when they arrive. They will have to arrive at the facility in tracksuit in order to avoid regrouping between them.
- One (1) or two (2) changing rooms will be allocated per time block if necessary. Skaters must arrive 20 minutes before the activity starts and they have 20 minutes to leave after the activity ends.
- All participants must bring their bottles of water and their towels.
- Recommend people over the age of 70 and those with chronic or immunosuppression illnesses to stay at home.

Hygiene and physical distancing

- Maintain a constant distance of two (2) meters between skaters both on the ice and in the locker rooms as well as on the player's bench. Sporadic and accidental contact will be tolerated.
- Organize a schedule so that we can respect the capacity and physical distancing.
- Ask each participant to wash their hands at the exit of the facility at the identified washing station (hydroalcoholic solution or water and soap).
- Promote the respiratory label; encourage people to cough in their bent elbows, do not spit on the floor or use a Kleenex or paper towel then throw it away before washing your hands.
- Prohibit all physical contact (e.g. handshakes, hugs, etc...).
- Wearing a mask is recommended for coaches.

Equipment

- Prohibit the sharing of equipment and ask skaters to use their own equipment as much as possible.
- Coaches must have their own equipment (electronic whistle, cones, pucks, board, pencil, etc...) No equipment will be loaned from the facility manager.



Important notes

The current agreement is evolving according to government guidelines. In the event that the measures mentioned in this document are not respected, the Pierrefonds Sportplexé reserves the right to have your access denied to the arena without refund.

To help us in the sanitary management of the facility, you must provide the following information for each time block:

Number of participants: _____

Number of coaches: _____

Commitment

I, _____, agree to respect the terms and guidelines to use the ice.

Signature

Dated