



# PRRA Covid-19 Reopening Plan

October 2020

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## INTRODUCTION

This document will provide guidance to protect Stride Place staff, facility users and spectators from COVID-19. Strategies can be adapted to meet the needs of different environments.

### Novel Coronavirus and COVID-19

Coronaviruses are a large family of viruses that can cause illness ranging from the common cold to more severe diseases. A novel coronavirus is a new strain that has not been previously identified in humans.

COVID-19 stands for Corona Virus Disease – 2019 (year the outbreak began). COVID-19 spreads through the direct contact with the respiratory droplets of someone who is infected with the virus through their cough or sneeze. 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

Symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. Common symptoms of 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.

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, contact Health Links for further direction and if you are sick, stay home.

To learn about COVID-19 symptoms, what to do if you are feeling ill, and who may be at higher risk for complications, see Symptoms of COVID-19.

### PROTECTIVE MEASURES FOR FACILITY USERS      **Reduce your Risk**

- Stay home if you are experiencing symptoms, even if they are seemingly mild
- Screen participants, staff, and volunteers daily for symptoms prior to work or participation in activities. Individuals who are ill with Covid-19 symptoms will not be permitted on site for work or scheduled activities.
- Allow and promote physical distancing of two meters (6ft) at all times; except brief exchanges and when actively participating or spectating in a sport or activity
- Avoid congregating in shared areas, such as hallways and lobbies
- Follow guidelines from individual sport organizations and facility site plans to minimize physical contact and risk of Covid-19 transmission between participants and users
- Water fountains will be closed at this time; however, bottle fillers will be open. Facility users are encouraged to bring their own filled water bottle.

- All users must adhere to their Provincial (Manitoba) Sport Organization guidelines
- Masks are not mandated for spectators at Stride Place however are strongly recommended when Manitoba Public Health social distancing guidelines may not be able to be adhered to.

### **Coronavirus is spread from an infected person through:**

- Respiratory droplets spread when a person coughs or sneezes
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands

### **The Importance of Hand Washing**

- 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 virus
- If a sink is not available, you can use alcohol-based hand rubs to clean your hands as long as they are not visibly soiled. If your hands are visibly soiled, use a wipe and then effectively clean them.
- Do not touch your face, mouth, nose, or eyes with unwashed hands

### **Preventative Measures**

- Do not share food, drinks, utensils, and personal items
- Cover your cough or sneeze into your elbow or a tissue. Immediately throw the tissue in the garbage and wash your hands.
- Regularly clean and disinfect frequently touched objects and surfaces

### **Physical Distance Protocols**

COVID-19 has highlighted how close our interactions are on a daily basis. These actions are second nature to most people. In order to help remind the public and keep people safe, we have implemented some reminders to the public and our staff to limit the spread of the virus. It is very important that we offer a safe environment for the community.

### **We are going to do this in various ways:**

- Designated entrances with directional arrows/roped areas will be implemented to control the amount of people who enter our facilities and reduce overcrowding
- Plexi glass to create a barrier between the front desk/ticket seller and the customer
- Physical distancing markers on the floor
- Closure of showers if required
- Removal of tables and chairs in our lobby areas as required
- Limitations on use of bleachers, lobbies, and common use areas

- Physical distancing signage
- Follow the current Manitoba Public Health Order and Manitoba Restoring Safe Services phase

## PLAN OF OPERATION

**FOR THE SAFETY OF OUR STAFF AND OTHER USERS, ANY VIOLATION OF THESE PROTOCOLS OR NON-COMPLIANCE BY PARTICIPANTS/COACHES/INSTRUCTORS MAY RESULT IN CANCELLATION**

Spreading the Word, the most important aspect of reopening facilities is communication with the public and facility users. We will be using the Portage Regional Recreation Authority's website at ([www.strideplace.ca](http://www.strideplace.ca)) and social media (<https://www.facebook.com/StridePlace/>) to announce any updates.

Every person entering the facility will need to self-screen. Current protocols and information will be posted for review.

## Stride Place

### Portage Mutual and Stride Place Arenas

COVID-19 has changed the way we can operate at Stride Place and a plan that will help keep people safe is required. This includes participants, spectators, coaching staff and facility staff. Everyone wants a successful season without interruptions, so we all need to work together to achieve this goal.

#### Facility Users Obligations

It is the responsibility of each individual organization/group to create and adhere to their individual plan of operation during the Covid-19 Pandemic that follows the current Manitoba Public Health Order and Manitoba Restoring Safe Services phase. The Portage Regional Recreation Authority will provide facility signage and may assist with the interpretation of the current Public Health Order and Manitoba Restoring Safe Services phase.

Provincial and National Sport Organizations will be implementing protocols or "Return to Play" plans. Compliance to these plans is the responsibility of the user groups. Cooperation of all user groups will help ensure a safe facility.

#### Policies inside Stride Place

- The user of the facility is responsible for the actions of their group members
- The user is responsible for pre-screening group members. Please refer to the Pre-Screening Tool on Health Links: <https://sharedhealthmb.ca/covid19/screening-tool/>
- Anyone displaying symptoms of Covid-19 is not allowed to enter the facility

- It is recommended that facility users have their own insurance
- Spitting in the facility is not allowed
- The maximum number of people in the building is 50% of regular capacity (Physically distanced) The maximum of spectators at this time is 30% of regular capacity.
  - Stride Place – 615 at 30% reduced capacity and 838 at 50% reduced capacity (Regular capacity is 2035 including standing and suites)
  - Lobby 174 (Regular capacity 348)
  - Portage Mutual Arena – 118 at 30% reduced capacity 200 at 50% reduced capacity (Regular capacity is 400 including standing)
- Players in younger age groups are encouraged to come fully dressed with the exception of helmet and skates to decrease the amount of time spent in the dressing rooms, come “Ice-ready”
- For younger age groups, it is encouraged that coaches assign 1 or 2 parents as “Equipment and Skate Tie Assistants” to limit total numbers of individuals in each dressing room
- Dryland training is encouraged to be outdoors
- Informational and directional signage will be placed throughout the facility
- Portage Regional Recreation Authority will implement an enhanced disinfecting routine throughout the day for all high touch surfaces
- Shower use maybe restricted
- Water fountains will be closed at this time; however, bottle filler stations will be open. Facility users are encouraged to bring their own filled water bottle.
- AAA Ice user will have access to dressing rooms 45 minutes prior to rental time and must vacate the room 45 minutes after rental time. All pregame warm up and dryland activities must take place in hallway associated with dressing room. The Portage Co-Op walking track is currently closed to all teams.
- Ice user will have access to dressing rooms 30 minutes prior to rental time and must vacate the room 30 minutes after rental time
- Beverage vending machine will be available

***Capacity limits for each room:***

Dressing rooms will be marked with every 2nd stall blocked off. Dressing room user numbers are as followed

- Dressing room 1 = 12
- Dressing room 2 = 14
- Dressing room 3 = 13
- Dressing room 4 = 11
- Dressing room 5 = 14

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- Dressing room 6 = 12
- Dressing room 7 = 13
- Dressing room 9 = 12
- Dressing room 10 = 13
- Dressing room 11 = 13
- Dressing room 12 = 12

**\*Note:** Capacity limits are subject to change as per current Manitoba Public Health Order and Manitoba Restoring Safe Services phase.

### **Sticks and Pucks, Public Skating and Tots and Skates (to start in October)**

- Please refer to the Pre-Screening Tool on Health Links:  
<https://sharedhealthmb.ca/covid19/screening-tool/>
- Anyone displaying symptoms of Covid-19 is not allowed to enter the facility
- All participants must report to reception and sign in prior to taking to the ice
- Limited number of participants will be allowed on ice surface at one time

***\*Shooting Pad and Mini stick areas are closed at this time. \****

***\*NO MINI STICKS ALLOWED DURING THIS TIME AT STRIDE PLACE\****

## **Shindleman Aquatic Centre**

**All non-members must pre-book & pre-pay, all registration is nonrefundable.**

Pre-book **online** or by calling reception at 204-857-7772 (M-S 8am-8pm)

Registration will be posted every Monday for the following week.

\* All infants under 3 years do not need to be pre-registered but an admission charge of \$3 is required for non-members, before access is granted.

- Patrons are required to line-up at reception, in the designated waiting area, prior to the booking start time.
- Participants will be let into the changerooms area, a maximum of 10 minutes before the start of Lap Swim and Public Swim, and 15 minutes before Aquafit.
- At the end of the program timeslot, all participants must leave the pool area, regardless of their entry time.
- The Pool will have a reduced capacity of a maximum of 118 people and each program will have its own maximum capacity. (Regular Capacity is 410)
- Patrons are encouraged to bring a pre-filled water bottle as water fountains will be closed until further notice, however bottle filler located on Portage Mutual arena side will be open.
- Shower access will be limited.
- Any Member/ Patron not complying with the rules will be asked to leave the facility, and their membership may be rescinded or suspended.

- Hot tub is CLOSED until further notice.

### Lap Swim

- Members and non-members, will be able to sign up for a 1-hour lap swim block (maximum 1 per day)
- A maximum of 12 swimmers will be permitted per block: 2 swimmer per lane
- Lap swim blocks will be separated by half an hour for sanitization
- Swimmers wishing to use a flutter board may only use the plastic ones, not the foam ones

### Aquafit

- Aquafit classes will be capped at 40 participants/class
- Weights and pool noodles will not be used for the time being

### Public Swim

- Public swim will be capped at 90 people / 2.5 hour time slot
- Participants are encouraged to bring their own life jackets
- No Masks may be worn in the water

### Room Capacities:

Ladies Change Room – 12

Men's Change Room – 12

Family Change Room – 12

## The Viterra Fitness Centre

**To book**, visit our **Online Registration Page** and select "Log In" (Every PRRA member has an account, just use your email address & click "forgot password" to begin online access) once logged in choose your preferred date and time under the "Registration" tab.

Members may also call Stride Place Reception at 204-857-7772 to book an appointment.

(Mon-Sun 8am-8pm)

- Fitness Centre hours will be 5:35am to 9:30pm.
- Members will be permitted to book into pre-scheduled 1 – hour timeslots.
- Members are permitted to book only TWO (2) time block per day.
- Non Members drop ins are permitted during reception hours; 8am-8pm daily
- At the end of the workout timeslot, all member's must leave the fitness area, regardless of their entry time.
- Registration will be posted every Wednesday for the following week. We will only be booking 1 week at a time to ensure we are following all the provincial guidelines and changes as they occur.

## **A maximum of 30 people will be allowed in the Fitness Centre per block**

### **Daily Blocks:**

5:35 AM – 6:35 AM

7:00 AM – 9:00 AM

9:30 AM – 11:30 AM

12:00 PM – 2:00 PM

2:30 PM – 4:30 PM

5:00 PM – 7:00 PM

7:30 PM – 9:30 PM

## **Arriving at Stride Place**

- All patrons must **stop at the reception desk** before accessing the pool, fitness centre or the walking track.
- Members are required to line-up in the Stride Place atrium, in the designated waiting area, prior to the booking start time. Signage will indicate the physical distancing requirements and indicate how members should be organized.
- Hand sanitizer will be provided at the front entrance, and throughout the building.
- 10 mins prior to the group start time you will be greeted and asked to check in at reception, (where you will then be buzzed in).
- Scan cards will work to get into the Viterra fitness area

### **Equipment**

- PRRA has implemented a number of measures, including signage and placement of equipment, to ensure physical distancing can be achieved. Where possible, equipment may be disabled and/or relocated to facilitate this. Members are still expected to use best judgement when determining if a piece of equipment or workout area can be used safely while maintaining the recommended 2 meters (6ft) of physical distancing. All members are required to wipe down all equipment after use.

### **Foam Rollers, Bands and Mats**

- Foam rollers, bands and mats are available to the members at this time. These items must be cleaned before and after each use. Members are encouraged to bring their own small equipment, where possible, to decrease the number of items being handled in the fitness area.

### **Fans**

- Fans, including floor fans, will remain OFF at this time to prevent any unnecessary movement of air

### **Water Fountains**



- Members are encouraged to bring a pre-filled water bottle for their workout. Water fountains will be closed until further notice, however bottle filler located on Portage Mutual arena side will be open.

### **Changerooms and Washrooms**

- Washroom and changerrooms will remain open to members, however proper physical distancing must always be maintained. Where possible, staff will be present during high traffic periods to assist with physical distancing and provide reminders to members if needed. We encourage you to come prepared for your work out.

### **Showers**

- Showers are opened in enclosed stalls; large shower area remains closed.

### **Lockers**

- Lockers are available to use within the fitness center. These lockers will be sanitized between group bookings.

## **Meeting Rooms**

All meeting rooms are set up for social distancing, there has been a reduced number of capacities for each room. Please contact the PRRA for more information.

## **Portage Terriers (MJHL)**

COVID-19 has changed the way we can operate Stride Place and a plan is required that will keep people safe. This includes players, spectators, coaching staff, and facility staff. Everyone wants a successful season without interruptions, so we all need to work together to achieve this goal. The Manitoba Junior Hockey League (MJHL) have implemented “Return to Play” guidelines. Compliance to these guidelines is the responsibility of the Portage Terriers. It is the responsibility of each individual organization/group to create and adhere to their individual plan of operation during the Covid-19 Pandemic that follows the current Manitoba Public Health Order and Manitoba Restoring Safe Services phase. This plan is to be submitted to the Facility Scheduler prior to the season starting. The Portage Regional Recreation Authority will provide facility signage and may assist with the interpretation of the current Public Health Order and Manitoba Restoring Safe Services phase.

### **Player and Team Personnel Entrance**

Please self-screen before entering the building every day. If anyone is experiencing symptoms, they are not allowed to enter the facility. If someone tests positive of COVID-19, please inform General Manager – Angie Shindle (204)857-7772 ext. 2224 or Facility Scheduling Coordinator – Shelley Smith (204) 857-7772 ext. 2237 immediately. If any Portage Regional Recreation Authority Arena staff test positive for COVID-19, the Portage Terriers General Manager will be informed immediately.

Portage Terriers team is to remain in their designated area prior to and after a game.

- They are to use their designated entrance/exit
- They may use designated area on the walking track for pre-game warm-ups
- Visiting team should not enter facility prior to 90 minutes before game time
- Visiting teams will be allowed to use a designated area on walking track for pre-game warm-ups.
- Their designated entrance/exit is the first exterior door on the north side of Stride Place (team bus to park on west side of building)
- They are to remain in their assigned rooms and hallway area (Not to enter the rest of facility except for pre-game skate and game)

## Facilities

It is the responsibility of the team to follow the current Public Health Order and Manitoba Restoring Safe Servings phase when using any rooms or areas within the facility. The Portage Regional Recreation Authority will assist with facility signage, and the interpretation of the current Public Health Order. Providing hand sanitizer for team staff and players is the team's responsibility. Walking Track will be closed 90 mins prior to game time to allow controlled access to players for pre-game warm-ups.

## Spectators

### ***MASKS ARE MANDATORY FOR ALL SPECTATORS AS PER HOCKEY MANITOBA'S RETURN TO PLAY GUIDELINES.***

- Capacity is determined by the current Manitoba Public Health Order and Manitoba Restoring Safe Services phase
  - The maximum number of people in the building is 30% of regular capacity for a sporting event (physically distanced)
    - Stride Place – 615 (Regular capacity is 2035) at 30% of regular capacity
    - Stride Place – 838 (Regular capacity is 2035) at 50% of regular capacity
- A strategic seating/standing room and traffic flow/crowd control plan will be jointly developed by Portage Terriers and Portage Regional Recreation Authority
  - The Portage Regional Recreation Authority will provide facility signage, floor markers and rope barriers
  - Portage Terriers are to supply hand sanitizer within the Stride Arena area
  - Portage Terriers are to ensure they have volunteers/security to monitor to ensure all spectators are adhering to Province of Manitoba social distancing guidelines.
- Spectators will enter at their designated door no earlier than 45 minutes prior to game time

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- Portage Terriers attendees/season ticket holders will receive specific correspondence on protocol from Portage Terriers
- When entering the arena for a game, physical distancing will be implemented
- No mingling/gathering within the lobby area or walking track will be permitted