



PRRA Covid-19 Reopening Plan

April 20, 2021 **CODE RED**

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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 Mandatory in all areas of Stride Place.

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) 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

CLOSED

Stride Place Arena – Guidelines

- The user of the facility is responsible for the actions of their group members.
- User must have participants and spectators sign in prior to directing them to ice. User must collect following information on sheets that are kept for 1 month: date, time, name, phone number. (Designated table by the drink/candy machine in Portage Mutual hallway)
- 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.
- Masks are mandatory on and off the ice for all skaters and coaches.
- Group training will be permitted with a maximum of **10 skaters** (excluding the coaches and instructors)– for practices and drills only. No games.
- We are permitted to divide the ice with the Timbits dividers ice to have 2 groups at one time. Groups are not allowed to cross over for drills or instruction.
- All time slots must be pre-booked.
- 1 spectator per skater will be permitted. Spectators Viewing area will be Sections 6 and 18. Spectators must sit in designated sections, absolutely NO running around.
- Ice user will have access to dressing rooms 30 minutes prior to rental time and must vacate the room 30 minutes after rental time.
- Players in younger age groups are encouraged to come fully dressed except for helmet and skates to decrease the amount of time spent in the dressing rooms, come “Ice-ready.”
- 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.
- Spitting in the facility is not allowed.

Capacity limits for each room:

Dressing room user numbers are as followed: Please note 2 chairs have now been added to rooms.

25% CAPACITY Recommend all users come fully dressed as dressing room availability will be limited.

Portage Regional Recreation Authority Inc
Strategic Plan to Reopen

- Dressing room 2 = **8**
- Dressing room 4 = **7**
- Dressing room 5 = **8**
- Dressing room 6 = **8**
- Dressing room 7 = **9**
- Dressing room 10 = **8**
- Dressing room 11 = **8**
- Dressing room Universal Stride Side = **1**

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

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

****Sticks and Pucks, Public Skating and Tots and Skates is not available at this time****

Shindleman Aquatic Centre

Pre-book **online** or by calling reception at 204-857-7772 (M-S 8am-4pm)

Registration will be posted every Monday for the following week.

- 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 Aquafit.
- Masks are Mandatory on pool deck and will allowed to be removed once entering pool.
- 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 60 people and each program will have its own maximum capacity. (Regular Capacity is 410)
- 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 10 swimmers will be permitted per block.
- 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 2 groups of 10 participants per class.

- Weights and pool noodles will not be used for the time being.

Portage Coop Walking Track

- The Walking track is open for members only. Maximum of 25 people at one time.
- Hours of operation are 5:35 am-9:00 pm Monday- Sunday.
- All members must stop at the reception desk and sign in, prior to heading to the walking track.
- The Walking track may be closed for special events.
- **MASKS ARE MANDATORY**

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-Friday 8am-4pm and Saturday and Sunday 9am – 5pm)

- 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 one time block per day.
- 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.

MASKS ARE MANDATORY while working out in the Viterra Fitness Centre

A maximum of 15 patrons will be allowed in the Fitness Centre per block

Daily Blocks:

5:35 AM – 6:35 AM
7:00 AM – 8:00 AM
8:30 AM – 9:30 AM
10:00 AM – 11:00 AM
11:30 AM – 12:30 PM
1:00 PM – 2:00 PM
2:30 PM – 3:30 PM
4:00 PM – 5:00 PM
5:30 PM – 6:30 PM
7:00 PM – 8:00 PM
8:30 PM – 9:30 PM

Arriving at Stride Place

- All patrons must **sign in at the reception desk** before accessing fitness centre, aquatics and 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.
- 5 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).

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 bottle filler station will be located and open in the fitness area.

Changerooms and Washrooms

- Washroom, showers 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.

Lockers

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

Meeting Rooms

CLOSED DURING CODE RED

Rotary Republic of Manitobah Park and Beaver Diamond

- 13(2) Persons must not engage in outdoor sporting activities as part of a group of more than 10 persons, unless all persons in the group are participating in an organized practice, game or competition at an outdoor sporting facility.
- 13(3) Organized practices, games and competitions at outdoor sporting facilities may take place, but the operator of a facility must ensure that no multi-team tournaments are permitted at the facility.
- 13(5) Subject to subsection (6), no spectators are permitted at a sporting activity taking place at an outdoor sporting facility.
- 13(6) Only one parent or caregiver for each minor participating in a sporting activity at an outdoor sporting facility may watch the sporting activity and all spectators must maintain a separation of at least two metres from each other. **EFFECTIVE APRIL 28, 2021**
- 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.
- 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 safety.
- It is encouraged to wash/sanitize your hand before and after the use of the equipment.
- Portage Regional Recreation Authority will implement an enhanced disinfecting routine for washrooms.
- Signage will be posted to remind Manitoba Public Health guidelines.
- It is recommended that facility users have their own insurance.