



PRRA Covid-19 Reopening Plan

February 15, 2022

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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 mandated for patrons at 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. Only the South Entrance is open for admittance.
- 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.

Only individuals who are double vaccinated can enter the facility, unless participating in youth recreation.

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 AS of February 15, 2022

- Dressing room are at reduced capacity and have signage posted.
- All 18+ must show proof of double vaccination and ID (no exceptions). Acceptable forms of ID for adults are Driver's license or Passport
- 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
- 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
- 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
- Showers are available for use, but maybe restricted at any given anytime
- 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.
- 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

Sticks and Pucks, Public Skating and Tots and Skates

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****

Viterra Fitness Centre

MASKS ARE MANDATORY while walking in the Viterra Fitness Centre but may be removed while participating in physical activity.

All fitness members must show proof of double vaccination and ID prior to enter Stride Place.

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 and changerooms 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 available for use, but maybe restricted at any given anytime

Lockers

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

Shindleman Aquatic Centre

MASKS ARE MANDATORY while on the pool deck but are to be removed before entering the water.

- Programs do not require pre-registration

Changerooms

Portage Regional Recreation Authority Inc
Strategic Plan to Reopen

- All 3 changerooms are open for use at this time, however proper physical distancing must always be maintained. We ask that you come prepared to swim whenever possible to limit your time in the changeroom.
- Showers are open for use; some have been closed off to allow for proper distancing
- Lockers are available for use, and are sanitized throughout the day