

NMHA COVID Safety protocols

Covid Screening

- ALL PERSONS (players, coaches, volunteers, spectators, officials and other) must complete the COVID screening questionnaire prior to entering the facility.
- COVID screening MUST occur before anyone may participate in any event, both on and off the ice.

Change rooms

- Parents are NOT permitted in the change rooms. Due to the limited capacity for dressing room use, we would like to reserve that space for the participants. Therefore, we request that the parents refrain from entering the change rooms.
- Masks must be kept on in the change rooms at all times, until participants (players, coaches, team staff) are actively participating in their event.
- Capacity of change rooms will have a limitation of 2 meters distancing between seating.
- Capacity limits will vary from facility to facility. It is the responsibility of team staff to ensure the 2 meters distance is maintained in the change rooms and refer participants to the overflow areas of the facility, once a change room has reached its capacity.
- Some facilities will have chairs in hallways / lobby areas to assist with the overflow.
- Shoes, boots, bags, clothing items are not to be left in the overflow area.
- Due to space limitations, all participants are strongly encouraged to arrive in as much gear as is practically possible before their event and before entering the facility.
- Once players are dressed they can proceed to the arena and wait along the side of the boards, off the ice.
- Coaches and team staff, take note, there is to be no gathering of the entire team in a change room. If you need to speak to your entire team, you will need to do so on the ice or in the arena.

Masks

- Any person who enters or uses the facility (or when waiting in line outside the facility) other than when actively participating in a team sport, must wear a mask and maintain a physical distance of at least 2 meters from any other person who is using the facility unless within the same household.
- Masks must be worn and social distancing maintained when in change rooms.
- All staff, coaches, trainers, off-ice officials, time keepers, etc. should wear masks when on the bench and penalty box area.
- All spectators must wear a mask at all times while in the facility.

Officials

- Are required to complete a COVID screening form prior to entering the facility.
- A COVID screening form must be completed for each event an official attends.
- Officials must check in with the Safety Officer of the Home team to ensure they have been properly screened and logged.
- On-Ice officials are encouraged to pre-dress before an event if physical distancing cannot be maintained in the change rooms.
- Masks must be worn at all times while not engaged in game play.

Coaches / Team Staff

- Team staff should reinforce the messaging of staying home, if anyone is ill.
- Team staff should be prepared to require that anyone exhibiting signs or symptoms of illness should leave the practice/activity.
- If participants do not feel well or have identified symptoms, ensure they advise team staff immediately and put on a cloth mask. They should immediately go home and follow up with their physician and local public health unit. Facility staff should be provided with an incident report based on facility protocol prior to the coaching staff leaving the facility.
- Masks must be worn and social distancing maintained when in change rooms.
- Change room capacity limits will vary from facility to facility. It is the responsibility of team staff to ensure the 2 meters distance is maintained in the change rooms and refer participants to the overflow areas of the facility, once a change room has reached its capacity.
- There is to be no gathering of the entire team in a dressing room. If you need to speak to your entire team, you will need to do so on the ice or in the arena.
- All staff, coaches, trainers, off-ice officials, time keepers, etc. should wear masks when on the bench and penalty box area.
- All team events, on and off the ice, require each participant to complete our Covid screening questionnaire.

Spectators

- **Capacity Limits:** Due to the large volume of persons in the facilities during the tryout and sort sessions, we are limiting the number of spectators per on-ice participant to a 1:1 ratio.
- Spectators are required to complete a COVID screening form prior to entering the facility.
- Spectators are required to wear a mask at all times and maintain a physical distance of at least 2 meters from any other person who is using the facility unless within the same household.
- We ask that all spectators limit their time inside the facility before and after their ice time to alleviate capacity issues.
- We encourage spectators to minimize social gatherings of participants and spectators both before and after the activity. This includes spectator areas and the parking lot.

Equipment / Water Bottles

- Do NOT share equipment; if absolutely necessary, shared equipment should be sanitized between users.
- Water bottles must be clearly labelled with the participant's name.
- Water bottles cannot ever be shared.

Dryland Training

- Dryland Training is not permitted in the facility unless allocated as a separate hall booking.

Carpooling / Team Meals

- We encourage participants to limit carpooling and meals (in homes or at restaurants) to those within your household.
- If there are transportation barriers, consider using one (1) constant household to carpool with.