



## Norman Northstars Return to Play Plan – Tryouts & Conditioning Camp

- Participants are to stay at home if they are experiencing any symptoms related to COVID-19, even if they are mild.
- Screen participants and volunteers daily for symptoms prior to participation in activities. Individuals who are symptomatic or ill will not be permitted on site.
- Physical distancing (6ft, 2 metres) must be followed at all times; exceptions include brief exchanges on ice between players when participating in sport activity.
- Participants must avoid congregating in shared areas, for example in the lobby of the facility.
- All participants will be allowed to have 1 parent / guardian accompany them to the facility to limit the number of people inside the TRCC.
- A list of participants will be communicated and updated with the front desk to ensure the number of people in the facility remains in line with provincial guidelines.
- Records will be kept of all participants for 21 days who have entered the facility to ensure proper follow up if a participant is exposed to COVID-19.
- Participants must follow physical distancing (6ft, 2 meters) measures in the Dressing Rooms. TRCC staff will determine the maximum number of participants in each dressing room.
- Hand Sanitizer must be used upon entry and exiting the dressing rooms and be supplied in each dressing room.
- Dressing Rooms will be available 30 minutes prior to scheduled ice times and must be vacated 20 minutes after ice times end.
- All participants that can safely transport to the facility are encouraged to dress or partially dress at home.
- Participants will not be allowed to use the shower facilities.
- All participants must bring their own pre-filled water bottles.
- Ice times will be scheduled to allow sufficient time so that participants don't overlap within the facility.
- Parents that are in the dressing room must wear a face mask. We have a limited supply so if you have your own please bring with you.
- We encourage participants to wear face masks in the Dressing Room.
- We are asking all parents and participants before entering the TRCC facility to please use the Manitoba Covid-19 screening tool found on the Manitoba U18AAA website [www.mbaaamidget.ca](http://www.mbaaamidget.ca)