

## Guidelines for Arena Use during COVID-19

### Infection prevention and control measures:

The following mitigation guidelines will help reduce the risk of respiratory infections, including COVID-19.

### Guidelines: Before Arrival

#### Individuals must self-screen themselves to limit the introduction of infection:

- Prior to attending arenas, every participant must do the [self-assessment for COVID-19](#) on the Ontario Ministry of Health website and if they do not pass the assessment they should not use the arena until they pass the assessment and do not have signs and symptoms of COVID-19. All participants can visit the [City's website](#) to determine if further care is required and learn about assessment centres.
- All participants should be aware of signs and symptoms of COVID-19, including:
  - Fever
  - Cough
  - Difficulty breathing
  - Sore throat, trouble swallowing
  - Runny nose
  - Loss of taste or smell
  - Not feeling well
  - Nausea, vomiting, diarrhea

The World Health Organization advises that symptoms may appear in as few as 2 days or as long as 10 to 14 days after contracting COVID-19. Those who are infected with COVID-19 may have few or no symptoms. Hence, there is the possibility of asymptomatic and pre-symptomatic spread of COVID-19.

#### Entrance Restrictions:

- Anyone who is exhibiting symptoms of COVID-19 or has had close contact with a confirmed case cannot utilize arenas.
- There is a higher risk for severe illness in people over the age of 60, and those with weakened immunity or underlying health conditions.
- Upon entry, spectators and participants are required to be wearing a mask and provide their contact information to support contact tracing.

## Guidelines: While using arenas

### Reduce the risk of transmission during activities:

- Stay at home when you are ill.
- The following screening questionnaire for staff is available on the City's COVID-19 site under Workplaces
- Practice [physical distancing](#) and maintain a 2 metre distance from others when at the arena, except when participating in the sport.
- Respect any Provincial Emergency Orders that prohibit social gatherings of a certain size, including current limits of up to 50 people for organized activities taking place at the time are indoors.
- Each permit holder must to the best of their ability maintain a record of users, including spectators, that could support potential public health contact tracing as needed.

### Practice proper hand hygiene and respiratory etiquette:

- Wash your hands often with soap and water for at least 15 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer
- Cover your cough or sneeze into a tissue. Immediately throw the tissue in the garbage and wash your hands.
- If you don't have a tissue, sneeze or cough into your sleeve or arm.
- Avoid touching your face, nose and mouth with unwashed hands.

### Cloth Masks & Face Coverings

Masks are not required when participating in sports practice or game but are required when entering the facility, in change rooms and any other areas other than when on the ice.

### Ensure that people who become ill with signs and symptoms of COVID-19 while using arenas should go home to self-isolate:

- People who become ill while at any arena should go home immediately, in a private vehicle if possible, and self-isolate. They should review the City of Toronto [website](#) for more information about COVID-19.
- If a participant at any arena tests positive for COVID-19, their local Public Health Unit (Toronto Public Health for Toronto residents) will follow-up with close

contacts who may include other arena users. Other arena users who came in close contact with the infected individual may be required to self-isolate.

## **Participating in Sports at the Arena:**

### **Prior to play:**

- To minimize the use of change rooms, it is preferred that participants enter the facility with equipment on as much as possible.
  - The city will post change room capacity limits outside of the change room and permit holders will be required to ensure those limits are followed.
- Wash your hands often with soap and water for at least 15 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- The permit holder should clean and wipe down any required equipment, including water bottles and pucks.
- Participants should bring their own full water bottle.
- Arrive as close as possible (e.g. 15 mins) to the booked time start time.

### **While participating:**

- All sport activities must be conducted in accordance with the rules and policies of the applicable organization, including the rules and policies put in place to enable safe return to the sport.
- Benches are available for use during the permitted activity. Participants are asked to physically distance as much as possible when on the bench.
  - All non-participants (e.g. coaches, trainers) are required to wear a mask while on the bench.
- The penalty box will be available for use during the permitted activity. Any support staff in the penalty box must wear a mask and maintain physical distance as much as possible.
- Arena users are asked not to touch other users. This includes no high five's, fist bumps or hand shaking, sharing of personal sporting/fitness equipment and/or food/beverages.
- Avoid touching your face as much as possible.

### **After Participating:**

- Participants are asked not to loiter around the arena to assist in physical distancing and allow others the opportunity to utilize amenity.

- Wash your hands carefully with water and disinfectant soap or with hand sanitizer.
- Properly dispose of any garbage.

## **Guidelines: Arenas and Adjacent Amenities**

### **Arena Information:**

- Equipment and amenities in arenas will be sanitized twice a day, including:
  - Penalty box
  - Score keeper box
  - Gathering areas/lobby
  - Showers
  - other apparatus
- Amateur and recreational sports leagues may resume so long as they do not allow prolonged or deliberate physical contact between players or if they have modifications to avoid physical contact between players.
- Leagues must contain no more than 50 participants total. If participants in a league exceed 50, the league may divide into smaller groups of no more than 50. Players are not permitted to play against players outside of their league or group.
- The total number of spectators permitted to be at the facility at any one time must be limited to the number that can maintain a physical distance of at least two metres from every other person in the facility, and in any event cannot exceed 50 spectators for indoor facilities.
  - Capacity limits for spectators will be determined based on ability to physically distance and will be posted at the facility.
- The maximum limits on spectator numbers applies to spectators only, not to athletes, coaches and staff as well
- Fountains and water bottle filling stations may be closed and patrons are asked to bring their own pre-filled water bottles.
- Locker rooms, change rooms, showers will be open for use at arenas and deep cleaned twice per day. Users should physically distance as much as possible when using these facilities.

### **Cleaning and Disinfecting Requirements:**

- All fixed structures, such as benches, will be cleaned twice daily

- If Washroom facilities are available, they will be cleaned as per Toronto Public Health Guidelines.
- Review [Public Health Ontario's Cleaning and Disinfection for Public Settings document](#).

**Required Signage:**

- Post the [physical distancing poster](#) at all arenas at prominent locations.