

Falher Regional Recreation Complex

COVID-19 Guidelines

Stay home and away from others

- If you're [showing symptoms](#) or feeling unwell
- If you have travelled outside of Canada in the past 14 days
- If you are a close contact of someone who has tested positive or are waiting for test results for COVID-19

How we're keeping you safe

- Making sure our facilities align with [provincial guidelines for Stage 2 reopening](#)
- Cleaning and disinfecting high touch areas (e.g. doors, counters, railings)
- Providing access to hand sanitizer and hand wash stations
- Having staff maintain physical distancing

How you and your group can keep safe

Permit holders/organizers

- Make sure all participants understand the COVID-19 guidelines
- Follow your provincial and national sport governing bodies' guidelines related to COVID-19
- Limit the number of contacts between different participants by playing within set cohorts (e.g. mini-leagues or bubbles with a fixed number of participants)
- Tell participants they must bring their own water and names on bottles
- Collect participant contact information to support contact tracing if necessary (tracking players and spectators as they come in the facility.)
- Follow guidelines for [indoor and outdoor gatherings \(100 indoors\)](#)
- Help coaches and instructors reinforce messages about physical distancing (2 metres or 6 feet apart if possible) and limiting physical contact; no close contact huddles, no handshakes or high fives
- Manage your teams to spend as little time as possible in the facilities (including change rooms)
- Frequently clean and disinfect any equipment handled by hand (e.g. hockey sticks, pucks, balls)

Participants and Spectators

- Maintain physical distancing.
- Wash your hands with soap and water before, during and after your activity
- Avoid touching your eyes, nose, mouth and face
- Cover coughs and sneezes in a tissue or your elbow
- **Absolutely NO spitting**
- Carry and use your own hand sanitizer
- Players should come dressed in gear as much as possible
- Bring and clean your own equipment. Avoid sharing equipment unless you are in the same household or cohort. Do not share water bottles and towels.
- **Arrive no more than 30 minutes before** your booking time
- Don't gather or loiter in dressing rooms, parking areas or public areas before, during or after your activity

- Practice physical distancing in spectator areas; spectator stands will not be disinfected and cleaned in between bookings
- Spectators should stay away from dressing rooms and play surfaces unless required to support players; physical distancing guidelines should still be followed. (Parent of U11 and under should limit their access to the dressing rooms and should wear masks in the dressing rooms.)
- Leave the location as soon as your activities end to reduce overlap of bookings

Arena specific measures

- Water fountains and vending machines are not available
- Faucets in change rooms should only be used for washing hands
- Spectator stands will not be disinfected and cleaned in between bookings
- Change rooms are open with physical distancing measures in place; players should come dressed in gear as much as possible
- Shower facilities are not available; players are expected to shower at home
- User groups are expected to maintain cohort groups in dressing rooms (don't use dressing rooms with people outside of your cohort groups)