



Ravens Training Groups COVID-19 Protocols Quick Reference

Welcome to the Ravens 2020 Training Group!

We are glad to have you back on the ice. Things are a bit different as a result of COVID-19. Here are some helpful hints of things you must do prior to coming to your group session, while at your session and then once you are home. Region of Waterloo Public Health COVID-19 Protocols must be followed at all times. (i.e. keep 2m apart; where a Face Mask/Shield in public places and facilities). Hockey Canada Medical Forms must be completed and returned to your trainer prior to your first ice time.

Before each group session

- **Complete the Ravens Health Screening Questionnaire at home immediately prior to leaving for your session.** If you and your parent/guardian answer “no” to all the questions, then you are able to attend your session. If you or your parent/guardian answer “yes” to any of the questions, please contact c19responseteam@waterlooravens.com immediately and stay at home. You will not be able to participate in the session.
- **You must come to the arena dressed ready to put your skates on.**
 - For players, put your gloves, helmet, skates and water bottle in a small back pack or your hockey bag. Please limit what you put in your bag.
 - For Goaltenders you can carry leg pads and put your blocker, glove and mask in a your hockey bag or small duffle bag. Please limit what you bring in your bag.
- It's a good idea to put some hand sanitizer in your backpack as well.
- Have a Ziploc bag or two in your backpack to put your Face Mask and used Kleenex in

Arriving at The Arena

- 1 parent/guardian is permitted per player
- Put your Face Mask on before you get out of your car. If you are a player or coach, you must put keep it on until you put your helmet on. If you are a parent/guardian, you must have it on at all times.
- **Arrive** at the arena **20 minutes** before your session. All players, coaches, parents/guardians must arrive and be ready to go in at this time. If you are late, you will not be permitted to go in.
- **The facility designated entrance is Entrance A. You will not be permitted to enter any other door.**
- The Trainer will take attendance and confirm with you that all participants, coaches, and parents/guardians have completed the Ravens Health Screening Questionnaire
- An Ambassador from the City of Waterloo will show you to the chairs you and your parent/guardian must use while in the arena
- Put your skates, helmet and gloves, (trapper/blocker and pads if you are a goalie) on, backpack/hockey under your chair and go on the ice to enjoy your session.
- equipment bags noted above are not permitted/not allowed to be stack, group stored, assemble in a congregating area (ie, stays in each of the individuals provide space for isolation and sanitizing activities).

At the end of your Session:

- Players, coaches and parents/guardians will have 10 minutes to leave the ice area and facility.
- Put your Face Mask back on before leaving the ice area
- Once you get home, wash your hands, jersey, facemask, water bottle etc. and get ready for the next session!