



## RE-OPENING PLAN

### Phase 4

*effective: 19 October 2020*

Please know that we are committed to providing you with a safe environment that aligns with WorkSafeBC protocols to ensure that the risk of exposure to the virus that causes COVID-19 is minimized at all times. Our current re-opening plan was guided by local and public health authorities. We know that this situation is constantly evolving and as such we are actively monitoring and evolving our solutions to ensure a continued focus on the health and safety of our guests, players and staff.

Here are some protective measures we are taking to ensure the health and safety of everyone at CNC:

#### Increased cleaning

- Starting with our public spaces and high-traffic areas, we are going above and beyond our normal protocols. We are cleaning surfaces with increased frequency, dedicated staff, and all done by the recommended cleaning agents.
- The ice arena, fields and gyms will be cleaned and sanitized by staff following each group. There will be an increased break between users to ensure all high traffic touch points can be thoroughly sanitized. This includes all benches, players gates, dressing rooms, door handles, and washroom areas.
  - Ice: 30 minutes
  - Field: 15 minutes
  - Mission Fitness: 30 minutes

#### Hand sanitizer

- We have hand sanitizer available at the main entrance of the facility and in various locations throughout the facility. We encourage you to use it as you enter.
- All of our staff will be frequently handwashing throughout their shift as well.

#### Illness Isolation Room

- If you begin to feel ill and are not able to immediately leave the facility, please alert staff and they will take you to the illness isolation room. This room is located on the ground floor on the field side of the facility

#### Social Distancing / Touch Points

- The guided markers and signage in public spaces will remind our guests to maintain the physical distancing of 2 meters of at all times while in the facility.
- Doors have been propped open wherever possible or push-doors are available to reduce touch points
- Water fountains and water bottle filler stations are not available

### Entering the Facility

- The Capital News Centre is still closed to the general public. People entering must be attending one of amenities at our facility to limit the number of people in the facility and to aid in contact tracing measures.
- Please arrive on time, but not early and line up outside the facility in the marked, physically distanced spaces. Our facility host will welcome you in when it's time for you to enter:
  - Ice: 15 minutes before your scheduled session
  - Field: 5 minutes before your scheduled session
  - Mission Fitness: At the start of your scheduled time
  - Lifemark Sport Medicine / Library: As you arrive
- Please sanitize your hands upon entry and follow directional arrows and host's instructions.
- If you have recently travelled outside of the country and have not cleared the required 14 days of self-quarantine, or if you are experiencing any COVID-19 or flu-like symptoms, or if you have had any contact with someone who has COVID-19-like symptoms, **PLEASE DO NOT PARTICIPATE OR ENTER THE FACILITY.**

### Facemasks / Face Coverings

- Facemasks or face coverings are required in all shared, public areas of our facility.
- For more details on this policy including exemptions:  
[https://www.capitalnewscentre.com/pdfs/cnc\\_mandatorymaskpolicy.pdf](https://www.capitalnewscentre.com/pdfs/cnc_mandatorymaskpolicy.pdf)

### Spectators

- There will be no spectators allowed at this time, other than the one parent/guardian that is accompanying each athlete. No siblings or additional spectators.
- Guardians who choose to stay and view the session are required to stand in the designated sections that are appropriately socially distanced from the next spectator.

### Washrooms

- Lobby washrooms are open for use by guests to the facility. They are not available to the general public.
- Some sinks and toilets have been shut down for use to allow for increased physical distancing

### Exiting the Facility

- Please exit the facility as soon as possible after your session. Guest are asked not to congregate within the facility after sessions.
- Please exit the facility following marked pathways within the time limits:
  - Ice: 10 minutes. Main entrance push-bar doors
  - Field: 5 minutes. North end of building push-bar doors
  - Mission Fitness: Main entrance push-bar doors
  - Lifemark Sport Medicine: At the end of your appointment. Main Entrance push-bar door
  - Library: At the end of your visit. Library exit

### Ice Rink Specific

- Dressing rooms are available for use. Washrooms and showers are not available during this stage of re-opening.
- Dressing rooms have a maximum of 11 athletes. Please sit in marked seating areas.
- Athletes using player benches are asked to sit in marked seating areas.
  - To mitigate the spread of COVID on the ice surface, **FULL EQUIPMENT** including helmets with cages/shields are recommended to be worn by all players.
  - All athletes must adhere to appropriate hygiene and handwashing protocols prior to playing and going on the ice.
  - Athletes should be social distancing from each other in all other shared spaces within the arena.
- **Outside of Cohort:**
  - **Ice Capacity:** a maximum of 22 athletes + 3 coaches/officials. No more than 25 total.
- **Within Cohort:**
  - Adhere to Provincial Sport Organization guidelines for ice capacity and use

### Leisure Rink Specific

- Benches and chairs inside the Leisure Rink are available to put skates on.
- Leisure Rink is for skating only. Pucks, balls or other projectiles are not permitted on the ice.
- **Maximum Capacity:**
  - **Development Session:** 6 athletes, 1 coach. No More than 7 total.
  - **Leisure Skating:** 10 skaters
  - **Spectators:** No spectators. Unfortunately we do not have capacity for spectators.

### Fields Specific

- Dressing rooms are not available for use during this stage of re-opening.
- Athletes using player benches are asked to sit in marked seating areas.
  - All athletes must adhere to appropriate hygiene and handwashing protocols prior to playing and going on the field.
  - Athletes should be social distancing from each other in all other shared spaces within the arena.
- Field bookings have been staggered to allow for cleaning/sanitation between groups
- **Outside of Cohort:**
  - **Field Capacity:** a maximum of 22 athletes + 3 coaches/officials. No more than 25 total.
- **Within Cohort:**
  - Adhere to Provincial Sport Organization guidelines for field capacity and use

### Boomers Bar & Grill Kelowna

- Boomers Bar & Grill has now re-opened. For guidelines, hours, menu and takeout options, please go to:  
[www.boomerskelowna.com](http://www.boomerskelowna.com)

### **Mission Fitness Specific**

- Please refer to Mission Fitness' website for specific guidelines and policies  
[www.mission-fitness.ca/covid-19-policy](http://www.mission-fitness.ca/covid-19-policy)

### **Lifemark Health Specific**

- Please refer to Lifemark Health's website for specific guidelines and policies  
[www.lifemark.ca/cnc](http://www.lifemark.ca/cnc)

### **Library Specific**

- Please refer to Okanagan Regional Library's website for specific guidelines and policies  
[www.orl.bc.ca/hours-location/mission](http://www.orl.bc.ca/hours-location/mission)

### **What's Next ...**

We are committed to monitoring our operations regularly and will be updating our processes, as necessary. We will be closely following the recommendations from our public and local health agencies as well as taking valuable feedback from our guests, players, and staff.

We want to thank you for all your support and look forward to seeing you in our facilities again. If you have any questions or concerns, please do not hesitate to contact us at: [jleung@capitalnewscentre.com](mailto:jleung@capitalnewscentre.com)