



RA Arena Ball Hockey Leagues

Winter 2021 RA Arena Ball Hockey Participants;

Welcome to the RA Centre! We're excited to have you play. We trust you and all your loved ones are well and THANK YOU for choosing to participate in Arena Ball Hockey at the RA this Winter. The safety and wellbeing of our RA Community has and continues to be our top priority. We request your understanding and cooperation and ask that all parties respect any and all protocols and guidelines set out by civil authorities, and the RA. Acting responsibly and respectfully will help keep our families, friends and teammates safe, and allow us all to enjoy the game we love.

LEAGUE FORMAT

The Winter season will consist of 15 weeks commencing Wednesday February 3, 2021.

Nights of Play: Wednesday Game times: 6:30pm; 7:30pm; 8:30pm; 9:30pm

**Time may be built into schedule to allow for teams to vacate arena before others arrive. This will depend on numbers of teams registered*

** Schedule: Due to regulatory requirements, 'bubbles' of a maximum of 50 players, consisting of a minimum 4 to 6 teams will be created. Teams will only play within their respective bubble (Group).*

PLEASE NOTE: All players must complete the Player Registration and Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) Form on-line at <https://www.racentre.com/arenaballhockey-waiver-covid> before being participating.

RA ARENA BALL HOCKEY RETURN-TO-PLAY PROTOCOLS and GUIDELINES

Safety is our main priority. Please make it yours, too! As one would expect, operating in a COVID world requires us to make some changes to how we operate in order to provide our members, guests, partners, volunteers and staff with a safe, effective and enjoyable environment, while at the same time doing our best to prevent the spread of COVID-19.

Please familiarize yourself with the following protocol and guidelines. Public Health starts with you – It is important to remember that players should take all necessary precautions outside of our recommendations to ensure their own health is protected.

Players, coaches, spectators, and any other individuals participating in RA Arena Ball Hockey Leagues and related activities do so with knowledge of a risk of potential exposure to Covid-19.

GENERAL COVID-19 PROTOCOLS and GUIDELINES

- DO NOT ATTEND the game and contact your team manager immediately if:
 - you have any symptoms such as a fever and/or cough or difficulty breathing; or
 - you have travelled outside of Canada in the last 14 days; or
 - you have been in contact with someone who:
 - has tested positive for COVID-19;
 - is suspected to have COVID-19;
 - has a fever, cough or shortness of breath or other symptoms of COVID-19 that started within 14 days of travel outside of Canada. STAY HOME & self-isolate.
 - Before returning to play you will be required to get a Covid-19 test and be cleared by Ottawa Public Health. Ottawa Public Health is primarily responsible for contact tracing; however, the RA will notify players to ensure that the notification is made as quickly as possible in the case of a possible exposure.
- Removal from the game: Any player who is exhibiting or feeling any recognized symptoms of COVID-19 must withdraw from the game immediately. In addition, if a league official considers that a participant may be exhibiting symptoms of COVID-19, the league official may require that person exhibiting these symptoms cease to participate in the game, and remove themselves from the game.
- Wear a non-medical mask (ie. cloth mask) as per the City of Ottawa temporary by-law when entering the RA Centre and at all other times where physical distancing is difficult to maintain.
- Adhere to Ottawa Public Health's (OPH) guidelines of 2 meters (6ft) physical distancing between yourself and others.
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands.
- Cover your cough and sneeze with a tissue or into your arm, not your hand.
- Change rooms will not be available. Players must come dressed for game. Lockers will not be available. Any personal belongings in the area should be placed 2 meters apart from one another.
- Players should maintain a reasonable distance apart while on the players' bench.
- Use of the water fountain is not allowed. Players must bring adequate water to their game in a plastic or metal bottle with their name clearly marked. Glass water bottles are not permitted.
- Operative washrooms will be located on the main floor of the RA and can be accessed by following the posted signs in the main arena lobby.
- Players should exit the arena via the far exit door on the player bench side of the facility.