

# What to expect for your class – PHASE 3 – CLINICS



## One to two hours before your class:



- All Participants need to click on the link 1-2 hours before your ice time to fill out the Covid screening. (No one will be allowed into the building until it is done. If you are a family of 4 enrolled in the same clinic, all 4 people need to fill this out. Our Zone Control Attendant will have a tablet with them and will need to see completed Covid screenings for each person entering the building.



<http://canlansports.com/Questions/>

## Clinic Waiver:

In addition to the Covid Screening that has to be filled out every time you come to the facility; all participants must fill out a waiver (once a year) to participate in our clinics. Please click [HERE](#) to fill out your waiver form online before you arrive to your first class. Remember, you only need to fill this out ONCE a year.

## 25 Minutes before your class:



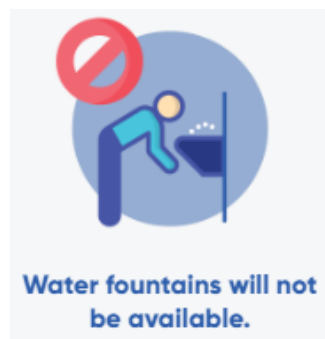
Check-in at our designated lanes outside the facility, 20 minutes prior to your booking start time.

(if your class is 11:00am, you should arrive at 10:35am). **NOTE: If you approach the building more than 25 minutes before your class time, you will be asked to go back to your car. Being right on time is VERY IMPORTANT. When your group goes in, everyone should be with the group, if you are not, you risk having to wait for the next group to enter and you will be late for your class.**



- **Arrive at the rink with as much gear on as possible (list below).** Dressing rooms may be unavailable; however, chairs will be provided. *There will be no showering on premises.*

- Mouth guard (optional)
- Hockey Helmet with facemask CSA, Approved
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Hockey Gloves
- Hockey Pants
- Jock/Jill Shorts
- Shin Pads
- Hockey Socks
- Hockey Skates
- Hockey Stick



- **Bring a full water bottle, labeled with your name. Water fountains will be unavailable. Do not share water bottles.**
- **Keep 6 feet away** from other members of your group and our staff. There are blue dots in the lines for you to stand on.



• **You MUST HAVE A MASK on.** We do not provide masks so please ensure you bring one, you will not be permitted into the building without one.



- All participants must wait outside for the **entire group to arrive.**



Our Zone Control Attendant will ask you a few questions before directing you to the entrance.

• Our Zone Control Attendant will **check your name** on their tablets to ensure you filled out the survey (no more than 2 hours before your class.)

• Our Zone Control Attendant will give you **hand sanitizer** for your hands. (You must accept hand sanitizer on your hands, or you will not be allowed into the building.)



Everyone receives hand sanitizer before entering the facility.

- Once your entire group has been checked, the Health & Safety Ambassador will then **escort you as a group** (maintaining social distancing) to a designated area where there are 12 chairs, or 12 spots on a bench that have been sanitized and spaced 6 feet apart. Everyone will **sit down at a designated sticker.**



Participants must sit in designated spots in their dressing room and benches.



Directional signs will indicate physical distancing requirements and where to go next.

• Once everyone is ready to go on the ice, the Health & Safety Ambassador will then escort you as a group (**maintaining social distancing**) to the gates. (You can leave your bag and shoes at your chair; you should return to the same chair or spot after your ice time).

### After your rental:

- At the end of the session, players will be escorted as a group (maintaining social distance) to a designated area to remove skates promptly, remove and stow limited equipment, and ready themselves for departure. Exiting the Facility will be as a group (again, maintaining social distance).

### Things to remember:



- No spectators are allowed into the building.
- You must be born in 2011 or older to participate in any clinic.
- Valuables should not be left at your chair, it should be locked in your car or not brought to the rink.
- Expectoration (spit) is strictly prohibited (on or off the ice).



Entry & Exit Zone Control Attendants will be present.

- You will be required to stay 6 feet apart while walking through the building and while on the ice.
- Use of restrooms should be limited and based on emergency need only.
- Your group must enter, travel, and leave the building as a group. At no time should anyone be walking in the building without either the Zone Control Attendant or Health & Safety Ambassador.
- Under no circumstances will there be any sort of player–player contact.



Health & Safety Ambassadors will enforce safety protocols.