



Stick & Puck Guidelines Fall 2020 Sessions

General Guidelines

- General Guidelines for Stick & Puck session in effect except where amended in this document

Max Capacity

- **Maximum 15** participants on the ice for our stick & puck session.
- **Admission: \$10.00** per participant
- 1 adult spectator per skater may watch from the marked locations.

Booking

- Online booking for sessions is available **9:00am** the day of the session at:
www.shop.capitalnewscentre.com
- All skaters must pre-book & pre-pay for the session

Entry to Facility

- Participants can arrive no earlier than 15 minutes prior to the start of session
- Participants must exit within 10 minutes of the end of the session
- Participants must check-in with the host/admin staff upon entry
- Participants must complete health declaration prior to stepping on the ice:
<https://forms.gle/ViosmYBTKU2XVCZWA>

Dressing Areas

- Participants are to use the assigned dressing rooms to tie their skates.
- Participants are to sit in the marked spaces in the dressing rooms

Equipment

- Participants must bring their own equipment with them including pucks
- Water fountains and water bottle fill stations are not available for use.

On-ice Guidelines

- Access on and off the ice is via the player benches
- Participants are encouraged to have their hockey glove on when opening and closing gates
- Participants are asked to maintain 2m distance from other skaters on and off the ice at all times unless they are in the same household or cohort.
- Participants are encouraged **not** to use the player benches during the session. Participants using the player benches are asked to sit in the marked, physically distanced spaces on the bench.

For more information please contact us at: 250.764.6288 or jleung@capitalnewscentre.com