



**PORT COLBORNE**

## Vale Health & Wellness Centre Public/User Rules & Regulations

As part of the re-opening of City facilities, the City of Port Colborne has developed new rules and regulations that all members of the public and facility users must abide by. These rules and regulations have been developed in consultation with the Ontario Recreation Facilities Association's Re-Entering and Re-Opening Guiding Principles and Best Practices, with the safety of facility staff and the public in mind. All participants, instructors, and parents that intend to use the facility must familiarize themselves with these rules and regulations prior to entering the facility.

- Self-screening of all patrons is **mandatory**. If you have any of the following symptoms, or answered yes to any of the questions, remain home or **DO NOT ENTER THE BUILDING** and contact Public Health or your Doctor.
  - **Fever/chills**
  - **New cough or a cough that is getting worse**
  - **Difficulty breathing**
  - **Shortness of breath (even when sitting or walking regularly)**
  - **Sore throat (not due to allergies)**
  - **A runny or congested nose (not due to allergies)**
  - **Unusual level of fatigue**
  - **Unusual headache**
  - **Nausea/vomiting, diarrhea, or loss of appetite**
  - **Feeling unwell for an unknown reason**

**Have you been in close contact with someone who is either sick, sent for testing, or has confirmed COVID-19 in the past 14 days?**

**Have you returned from travel outside Canada in the past 14 days?**
- **Masks are mandatory** as part of the Niagara Region Face Covering By-law. Anyone within the facility must be wearing a mask. Participants and instructors are not required to wear a mask while on the ice, but need to wear a mask while in the dressing room, and when entering/exiting the facility.
- Arrive at the facility no earlier than 15 minutes prior to scheduled rental time and vacate the facility no later than 15 minutes after the rental ends.
- Use designated Rink entrance/exit and follow directional arrows for pedestrian traffic.
- Dressing room allocation will be posted on the monitor. Washroom and shower facilities will remain closed within each dressing room (a public washroom will be provided within the facility). Skaters/participants are required to arrive with as much equipment already on as possible, and follow physical distancing within the



## **PORT COLBORNE**

dressing room (each room has benches marked with designated area for participants to remain 2 metres apart).

### **Parent/Spectator Restrictions**

- Parents/spectators are NOT permitted within the facility. Parents of young children can come in (provided they are wearing a mask) and assist a child with tying skates in the designated area by the entrance, and will then be required to leave the facility.