

Parent and Player checklist before their first time on the ice:

- 1) Please show up 1/2hr early to your first ice time only so we can get people organized for the first time through all the processes. We will have a short meeting with all parents at the first ice time to answer questions. Please review the following attachments.
CKL Protocols
https://sturgeonthunderhockey.ca/Public/Documents/City_of_Kawartha_Lakes_Ice_Use_Protocols_-_Phase_1_Single_Pad.pdf
CKL traffic flow
https://sturgeonthunderhockey.ca/Public/Documents/Fenelon_Falls_TrafficFlow_COVID.pdf
- 2) Have you paid registration fees? (You will not be allowed on the ice until 50% of the registration fees have been paid).
- 3) Bring a signed player contract (can be found on SLMHA website) with you to hand in.
https://sturgeonthunderhockey.ca/Pages/2378/Player_Contract/
- 4) Bring a signed parent contract (can be found on SLMHA website) with you to hand in.
https://sturgeonthunderhockey.ca/Pages/2379/Parent_Contract/
- 5) Health form filled out completely (can be found on SLMHA website) - to be handed in.
https://sturgeonthunderhockey.ca/Public/Documents/SLT_Medical_Form.pdf
- 6) Does your child have a mask?
- 7) Have you performed your online pre screening document? You may want to download a free QR reader app in case you forget to do it ahead of time. At the arena there will be signage allowing you to scan the code to take you directly to the document.
https://docs.google.com/forms/d/e/1FAIpQLSdpbXZ3F1vH9iuogDphGerrXLJpsZnAqhsCFtMhg5Pxgo7nw/viewform?usp=sf_link
- 8) Does your child have the necessary equipment to participate in practice?
- 9) Players have been split into groups for a variety of reasons. The main reason is to have smaller groups to allow ease of kids going in and out of the arena. This has been done by members of the executive and these groups can change at any time.

- 10) Does your child have their own labelled water bottle as SLMHA will not be providing water bottles this season?
- 11) Please be prepared to have your child dressed before they enter the arena with the exception of helmet, gloves, skates, and stick. There will be no dressing rooms available for use to dress and undress. NOTE: your child cannot dress or undress in the arena under any circumstances. The exceptions being helmets, skates, gloves, and sticks. (for goalies their goalie pads would be additional equipment they would have to put on and take off while in the arena)
- 12) Please review with your child the following:
 - a) Wear your mask at all times inside the arena except for on the ice
 - b) Social distancing at all times in the arena and on the ice
 - c) No physical contact with other players at any time
 - d) Spitting and open nose blowing is forbidden
 - e) Use the sanitizers provided within the arena
 - f) No sharing of equipment
 - g) No sharing of water bottles
 - h) Refrain from touching their eyes, mouth, nose, or others
 - i) Players and coaches have to be out of the arena 10 mins after they leave the ice no exceptions

*** We have been advised by the City of Kawartha Lakes that there is “zero tolerance” to anyone not obeying the rules regarding safety and social distancing. They have been instructed to call the police immediately ***

Any question please contact the supervisors of Coaches, Players, and Managers at:

supervisor@sturgeonlakehockey.ca