

## **Orillia Channel Cats in Person Dryland Training**

**Location:** Orillia Room at Rotary Place

100 University Avenue, Orillia, ON L3V 6H1

### **Schedule:**

**Gold:** Tues/Thurs am Group A 6-6:35; Group B 6:50-7:25 am

**Silver:** Mon/Wed am Group A 6-6:35; Group B 6:50-7:25 am

**Bronze:** Tues 5:45-6:20 pm /Saturday 8-8:35 am

**Sr Novice:** Saturday 8:50-9:25 am

\*NOTE: The above includes 15 minute transition times between groups.

### **Entry/Exit/Training Procedures:**

All participants will enter through the main door at which point they will be actively screened (verbal COVID screening) and are required to provide a signed waiver. \*which will be emailed to families prior to beginning training.

Participants will then sanitize their hands and enter the Orillia room for the duration of their program.

Coach will pre-mark the floor with tape measured 2 meters apart, indicating where athletes mats can be placed.

All participants will wear a mask until they are at their designated spot in the Orillia Room.

Once instructed to, athletes will remove their mask and place in their bag with their other belongings.

All participants will bring their own yoga mat that will be placed 2 meters apart, and will stick to their own mat during the training.

Maximum of 13 athletes will be in the room at one time. Coaches will wear a mask for the entire training session.

Upon completion of the session, participants will put on their mask, sanitize their hands and exit the facility through the side doors by the tennis courts.

Washrooms are provided in the main lobby if required.

Athletes are reminded to bring their own water bottle filled with water and to wear appropriate clothing and footwear.

## **City of Orillia Rules and Restriction for Meeting Rooms**

The following rules and restrictions apply to any person using a City of Orillia meeting room:

### **Contact Tracing and COVID Screening:**

- 1 a. The permit holder must provide the Recreation Policy and Permitting Supervisor with a list of registered participants (players, coaches and team personnel), which includes name and phone for each person, for each day the User Group has the meeting room booked.
  - b. Anyone not listed on the Permits holders list of registered participants will be required to complete a contact tracing form prior to entering the building.
  - c. A City staff will complete a verbal COVID-19 screening of all people entering the building.
2. Masks or face coverings must be worn by everyone the entire time they are in the building (exception only when in Orillia Room participating in the activity).
  3. Upon entering the facility, everyone must sanitize their hands.
  4. Physical distancing of two metres must be maintained at all times.
  5. Everyone entering the facility must follow all markings and signs posted within. These include arrows on the floor directing traffic flow.
  6. Permit holders and participants will be provided access to the building 15 minutes prior to the start of their booking.
  7. All attendees **MUST** vacate the building 15 minutes after the end of their booking time.
  8. Washroom facilities will be available in the Lobby for urgent needs only.

### **Types of activity being implemented:**

- shoulder stabilization exercises
- core strengthening exercises
- body weight exercises
- plyometrics