



Welcome to St. Mikes - great to be back on the pitch with the Chelsea Phoenix! The following are the procedures we'll be adhering to for all activities:

1. You check in with the concierge and go through the checklist together.
2. You visit the ENTER handwashing station.
3. You head onto the field with your stick & water bottle. Pick one of the five zones available.
4. Remember to keep 5 metres between you and the other players. Stay in "your Zone" or in "the Channel" on your own.
5. Only the coaches use his or her hands on the hockey balls and cones.
6. At the end, ensure you take all your equipment (stick, mouthguard) with you. Visit the EXIT handwashing station as you leave the field. Head directly to the pick up zone by the ice hockey rink.

(** If you need to use the Porta-Potty, hand-washing before and hand-washing after is mandatory.)



Concierge Checklist

1.	Have you ever tested positive for COVID-19? <ul style="list-style-type: none"><input type="radio"/> Yes<input type="radio"/> No If you answered YES to question 1, have you completed your quarantine?
2.	Do you have any of these symptoms? <ul style="list-style-type: none"><input type="radio"/> Fever<input type="radio"/> History of fever<input type="radio"/> Chills<input type="radio"/> Respiratory distress<input type="radio"/> Runny nose<input type="radio"/> Nasal congestion<input type="radio"/> Sore throat<input type="radio"/> Diarrhea<input type="radio"/> Vomiting<input type="radio"/> Loss of sense of smell<input type="radio"/> Headache<input type="radio"/> Muscle or joint pain
3.	Have you been in contact with someone who has Covid-19 symptoms; <ul style="list-style-type: none"><input type="radio"/> At home<input type="radio"/> Less than 2m<input type="radio"/> More than 15 mins.<input type="radio"/> Or is scheduled for a Covid test IF yes, provide details _____
4.	Have you recently traveled to an area where Covid-19 is more prevalent than here? (Travel from an area of higher prevalence would deem necessary a waiting period of 14 days.) <ul style="list-style-type: none"><input type="radio"/> Yes<input type="radio"/> No If you answered YES to question 1, have you completed your quarantine and provide relevant details ie. location or travel, time, duration of stay. _____

***Players must agree to report back to the club if they present any Covid symptoms within 48 hrs of participation in a club activity.**

