

Fall/Winter Hockey School

Novice/Atom

Pete Palangio Arena

Mondays

7:00 - 7:50 am

13 Sessions

Cost \$390.00

September 20, 27

October 4, 18, 25

November 1, 8, 15, 22, 29

December 6, 13, 20

Bantam/Midget

West Ferris Arena

Wednesdays

7:00 - 7:50 am

13 Sessions

Cost \$390.00

September 29

October 6, 13, 20, 27

November 3, 10, 17, 24

December 1, 8, 15, 22

Atom/PeeWee

West Ferris Arena

Wednesdays

8:00 - 8:50 am

13 Sessions

Cost \$390.00

September 29

October 6, 13, 20, 27

November 3, 10, 17, 24

December 1, 8, 15, 22

PeeWee/Bantam

Pete Palangio Arena

Wednesdays

4:15 - 5:05 pm

14 Sessions

Cost \$420.00

September 22, 29

October 6, 13, 20, 27

November 3, 10, 17, 24

December 1, 8, 15, 22

As changes to COVID-19 protocols and ice availability may change in 2022, only sessions occurring within the first half of this schedule are listed.

Final protocol documents for rinks are included with this document.

COVID-19 Screening

Before entering the arena, please ask yourself – and answer - these three questions:

1. Do you have any of the following new or worsening symptoms? Symptoms should not be chronic or related to other known causes or conditions.
 - Fever and/or chills
 - Cough or barking cough (croup)
 - Shortness of breath
 - Decrease or loss of smell or taste
 - Fatigue, lethargy, malaise
2. Have you travelled outside of Canada in the past 14 days?
3. Have you had close contact with a confirmed or probable case of COVID-19?

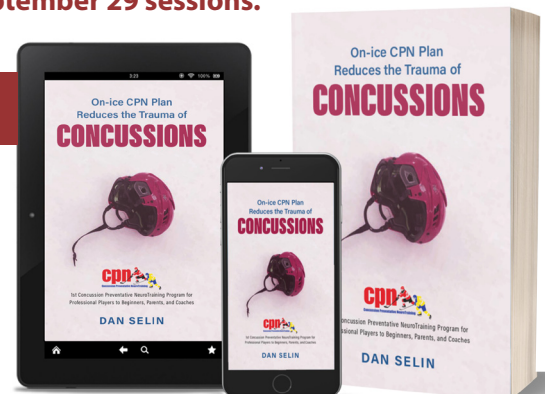
If you answer NO to all questions, you have passed the screening and can enter the arena.

If you answer YES to any questions, you have not passed and you must not enter the arena. You are advised to go home immediately and contact the North Bay Parry Sound District Health Unit for advice.

Please read the "Return to Play" Guidelines (pages 3 & 4 of this document). **NOTE: Specific guidelines for West Ferris Arena will be available prior to the start of September 29 sessions.**

All sessions instructed by Dan Selin

Learn the proven method of playing with your head-up/chin-up.
Play safer and better!



The CPN Plan explained: Now available in print or on your device. Go to: hockeycpn.com to order.

Registration Form:

To register, complete this form, scan or photograph, and e-mail to: concussionshurt@gmail.com
You can also call 705 471 6604, or visit www.hockeycpn.com to register.

NOTE: E-mail will be the only method used to communicate with participants.

Please **PRINT CLEARLY** and ensure contact information is **CORRECT**.

Discount of 10% available for 2nd child registered from the same family. Complete the 2nd Child section (below) only if this participant is the second child registering from the same family.

1st child (full price) Registration paid by: cheque
 cash
 e-transfer

2nd child (10% off full price) Registration paid by: cheque
 cash
 e-transfer

Name..... Age

Name..... Age

Telephone: (705)

Telephone: (705)

Email:

Email:

Check the box next to the session(s) you are registering for:

Check the box next to the session(s) you are registering for:

Novice/Atom \$390

Novice/Atom \$351

Bantam/Midget \$390

Bantam/Midget \$351

Atom/PeeWee \$390

Atom/PeeWee \$351

PeeWee/Bantam \$420

PeeWee/Bantam \$378

Total amount paid

\$.....

Total amount paid

\$.....

Payment Options if not paying in person. Receipts will be issued for each payment option.

E-transfer: concussionshurt@gmail.com **Subject line:** Fall/Winter Hockey School. Print and complete this Registration Form, take a photo, and e-mail to concussionshurt@gmail.com

Cheque: Print and complete this registration form. Deliver in person or mail form and cheque to: 1134 -10 Premier Road, North Bay, ON P1A 2J4 DO NOT SEND CASH IN THE MAIL

Liability Waiver

As Parent/Guardian for the above listed participant(s), I hereby release Daniel Selin, the instructors, and all staff from any possible claims, liabilities, obligations, or responsibilities arising from any and all accidents, injuries, or loss of equipment, whether incurred on-ice or off-ice, hockey-related or not, while participating in Fall/Winter Hockey Schools. I further certify that the participant(s) is in good health and capable of participating in physical activities of a vigorous athletic agenda.

Parent / Guardian (print name) :

.....

Tel (705) Date

Signature:

Email address:



RETURN TO PLAY AT PETE PALANGIO ARENA

September 1, 2021 (Revised Sept 7/21)



**Please note that all ice rentals are subject to change/cancellation depending on the status of COVID 19 and any provincial regulations that may be put in place

IMPORTANT: 3 Strike Policy In Effect Regarding These Guidelines

Failure to follow the guidelines will result in a written 'Strike'. If 3 strikes are given to your group, your contract will be cancelled.

General Information:

- **Maximum of 35 individuals on the ice surface plus up to 5 coaches/instructors**
- Permit holders must ensure players and spectators have completed the self-screening process before entering the arena each time.
- Permit holders are responsible for tracking players and spectators who are entering the building by collecting their contact name and phone number.
- Masks must be worn in the building by players, coaches and spectators.
- Water fountains will not be available please bring a filled water bottle with you.
- No dryland training will be permitted within the facility.

Enter & Exit

- Entrance through the main doors 20 minutes before your rental begins
- Exit from the dressing room up the centre stairwell, around the boards and out the side door on the pad where your rental took place.

Dressing Room Access

- 20 minutes before the rental
- 20 minutes after the rental
- Maximum of 18 players in a dressing room
- Masks MUST be worn within the dressing room
- Shower facilities will NOT be available.
- Players/coaches may remove their mask to put on their helmet. Masks must be put back on when players/coaches return to the dressing rooms/dressing areas.

Coaches Room for Kelly and Demarco (downstairs)

- Maximum of 4 per room
- 20 minutes before the rental
- 20 minutes after the rental

Girls Room - Room #4

- Maximum of 18
- 20 minutes before the rental
- 20 minutes after the rental

Spectators

- Capacity – 50 per pad.
- This includes upper lounge area and in the cold seating area. These areas will be marked with an X.
- One parent or guardian can accompany each player.
- Spectators must wear a mask when entering the building and moving around within the building.
- Once seated, they can remove their mask if they are able to maintain social distancing.
- If standing board side or anywhere else in the building, masks must remain on.
- Please follow the directional arrows and exit out the side door of the pad where your rental took place.

**Dressing rooms, coaches areas, seating areas, washrooms and touch points will be cleaned and sanitized between rentals.

Important

If you or any of your participants test positive for COVID 19, you must notify the arena as well as your instructor/coach immediately. You can contact Melinda Fry at Melinda.fry@northbay.ca or Nicole Beaulieu nicole.beaulieu@northbay.ca or Louise Ranger louise.ranger@northbay.ca

RETURN TO PLAY AT MEMORIAL GARDENS ARENA

Sept 2021 (Revised Sept 7/21)



**Please note that all ice rentals are subject to change/cancellation depending on the status of COVID 19 and any provincial regulations that may be put in place.

IMPORTANT: 3 Strike Policy In Effect Regarding These Guidelines

Failure to follow the guidelines will result in a written 'Strike'. If 3 strikes are given to your group, your contract will be cancelled.

General Information:

- **Maximum of 35 individuals on the ice surface plus up to 5 coaches/instructors**
- Permit holders must ensure players and spectators have completed the self-screening process before entering the arena each time.
- Permit holders are responsible for tracking players and spectators who are entering the building by collecting their contact name and phone number.
- Masks must be worn in the building by players, coaches and spectators.
- Water fountains will not be available - please bring a filled water bottle with you.
- No dryland training will be permitted within the facility.

Enter & Exit

- Entrance through Gate 2 (NW corner) 20 minutes before your rental begins.
- Dressing room assignments will be posted. Follow the directional signs to the change rooms.
- Those changing in dressing rooms 2,3,4,5 will exit through Gate 3 (NE corner); those changing in dressing rooms 1, 7 will exit through Gate 1 (front door beside marquee)

Dressing Room Access

- 20 minutes before the rental
- 20 minutes after the rental
- Masks **MUST** be worn within the dressing room
- Coaches will change in dressing room 6
- Shower facilities will **NOT** be available.
- Players/coaches may remove their mask to put on their helmet. Masks must be put back on when players/coaches return to the dressing rooms/dressing areas.

Spectators

- Capacity – 100.
- Spectators will sit in Sections 1 and 3
- Spectators must wear a mask when entering the building and moving around within the building.
- Once seated, they can remove their mask if they are able to maintain social distancing.
- If standing board side or anywhere else in the building, masks must remain on.
- Exit the building via Gate 1 (front door by marquee) or Gate 3 (NE Corner).

**Dressing rooms, seating areas, washrooms and touch points will be cleaned and sanitized between rentals.

Important

If you or any of your participants test positive for COVID 19, you must notify the arena as well as your instructor/coach immediately. You can contact Melinda Fry at Melinda.fry@northbay.ca or Nicole Beaulieu nicole.beaulieu@northbay.ca or Louise Ranger louise.ranger@northbay.ca