



# CARDEL REC SOUTH – STAGE 1

Starting February 8, 2021, children and youth will be allowed to participate in lessons, practices and conditioning activities for indoor and outdoor team-based minor sports and athletics. All games continue to be prohibited.

## General information:

- No Spectators are allowed within the Arenas
- Parents are allowed to enter the facility for drop offs and pick ups
- No Food or Drinks are allowed
- Dressing rooms are available 15min before until 15mins min after your rental time. We encourage everyone to arrive in your gear
- Dressing Rooms will be unlocked, please look at the TV Screens for DR assignments
- The South Entrance as well as the Panther Physio Entrance (Wheelchair accessible) will be open

## While limited indoor and outdoor activities for school and minor sports are allowed, strong public health measures remain in place:

- All participants must be 18 years old or younger, excluding coaches or trainers
- A maximum of 10 individuals, including all coaches, trainers and participants, can participate.
- All participants must maintain physical distancing from each other at all times.
- Participants must be masked at all times, except when engaged in the physical activity.
- Coaches and trainers must remain masked at all times.
- There must be limited access to change rooms, including for accelerated arrival and departure, for emergencies and for washroom use
- Trainers must be professional, certified and/or paid trainers who are providing active instruction and correction. Passive supervision of a physical activity is not considered training.

All participants must fill out the Cardel Rec South Waiver. Please visit our website [www.cardelrec.com](http://www.cardelrec.com)

For further information, please email us at [info@cardelrec.com](mailto:info@cardelrec.com)